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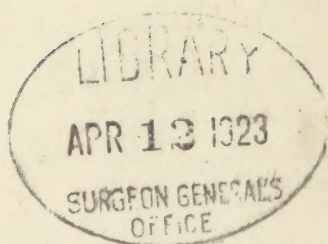
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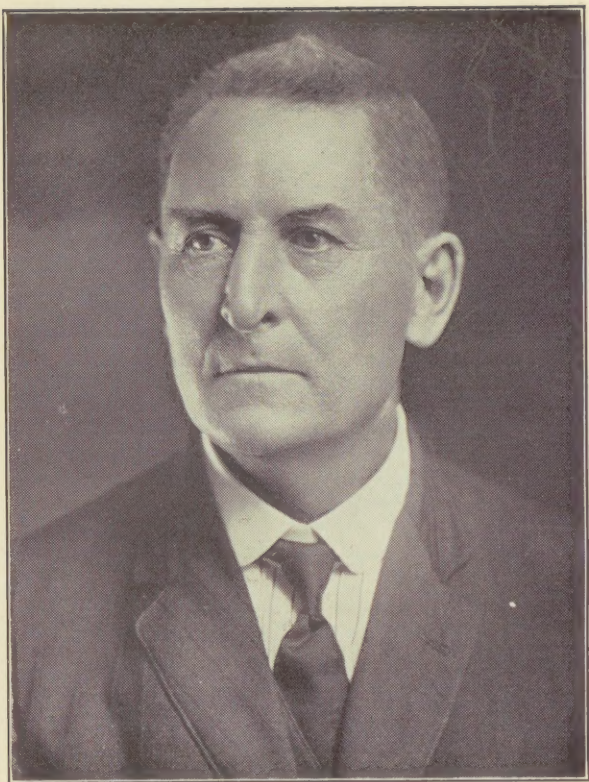
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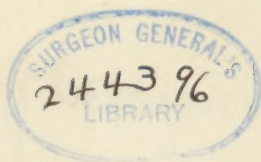


Sept. 6, 1921
Yours sincerely
Henry Hoffman.

A PERFECT LIFE AND HOW TO LIVE IT

BY

HENRY HOFFMAN, D.S.T.,
OMAHA, NEBRASKA.



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“Know thyself and thou wilt know
the Universe and the Gods.”

—*Inscription on the Temple of Delphi.*

Be wise, believe right, sleep right, bathe right, eat right, exercise right, dress right and live right and you can become perfect and live happily on this earth as long as you want to.

—*The Author.*

DEDICATION.

The information contained in this book is given out for the benefit of all beings, including the boys and girls, men and women of all countries.

The author desires that the truths herein explained and set forth, may bring the inhabitants of the whole world together in one harmonious and helpful brother-sister-hood, each claiming nothing that is not equally and freely granted to all others.

BY THE AUTHOR.

Omaha, Nebr., Sep. 6, 1921.

“Straight is the gate, and narrow is
the way which leadeth unto life.”

—*Jesus of Nazareth.*

PREFACE.

The author of this book has been gathering valuable information since his early childhood. For many years he has felt that this knowledge would help many boys and girls as well as men and women, to lead happier, healthier and better lives.

After many years of careful research—among the numerous books upon the length of human life—and after numerous experiments of his own upon himself—the thought came to him that he could, by living a perfect life to the very best of his knowledge, prolong his life as long as he might desire, and further, that such a life would be rewarded by making him free from all worry from all sources, and would enable him to grow stronger, better, happier and wiser as the years passed. He at once—as near as possible under his then circumstances—commenced to live a perfect life, and has ever since continued same, with results way beyond his expectations.

He has been able to develop all weak muscles to the right size, to remove the wrinkles from his face, and all pains from his body. So now he is able to sleep like a healthy child, and to live upon the plain and simple vegetable foods, so much relished by healthy children. In short, he is entirely free from all disturbances, both

mental and physical, and enjoys all his work as he never before could enjoy it.

So he reasons that if living a perfect life can do all this for him, it will do as much for any one who will live it as it can be lived by all who desire to so live.

This book is written to give, all who desire to live a perfect life, a guide to point out the way. We have used the simplest language possible, and have avoided all such words as are likely to be unintelligible to many of those in search of the knowledge herein contained.

We hope that all will read it carefully, and thoughtfully, and put all the knowledge at once into practice. A copy should be put into the hands of every boy and girl as well as into the hands of every man and woman.

It is easier to form a good habit than a bad habit, because the good habit is in harmony with Nature's—God's—laws, while the bad habits are only acquired by making an unnatural effort—doing a thing that is at first repulsive and not in harmony with nature.

Any one who will live the perfect life for a period of two years, will never afterwards depart from it. We can assure you that we are not giving you a single law, or rule, that has not been thoroughly tried out by us.

Yours sincerely,
HENRY HOFFMAN, D.S.T.

CONTENTS AND INDEX

	PAGE
ACTIVITY IS LIFE.....	23
ALCOHOLISM.....	85
ALMONDS.....	59
AMOUNT OF FOOD.....	79
A NATURAL APPETITE.....	26
ANTIDOTES.....	25
A PERFECT GOD.....	27
A PERFECT MAN.....	182-185
A PERFECT WOMAN.....	185-186
ASPARAGUS AND GREEN PEAS.....	60-61
AURA.....	157-159
AUTOLOGY.....	160-164
BATHING.....	41-42
BELIEF.....	19
BEST FOODS.....	50
BEST MENUS.....	66-71
BLADDER.....	114-115
BODILY ORGANS.....	19
BONES.....	115
BREATHING.....	43
BRIGHT COLORS.....	27
BUTTER.....	55
CARE OF CHILDREN.....	165-173
CAUTION IN EATING.....	63-65
CHANGE HABITS GRADUALLY.....	38-40
CHEESE.....	53
CLOTHING.....	44
COFFEE, TEA AND OTHER DRINKS.....	80-83
COOKING VEGETABLES.....	61
COLD WEATHER.....	30
CONSTIPATION, HOW RELIEVED.....	86-87
CORN, BARLEY, BUCKWHEAT, KAFFIR-CORN, RYE.....	59-60
COUGHING.....	24
CREAM.....	53-55
DAILY PROGRAM.....	21
DEBTORS TO HUMANITY.....	25
DESIRE AND WILL RIGHTLY DIRECTED.....	26

	PAGE
DIVINE FORCE.....	25
DISEASE.....	46-47
EARS.....	121-122
EDUCATION.....	95-96
EFFECT OF MIND ON BODY.....	20
EGGS.....	51-52
ETHEREAL MAGNETIC FLUID.....	151-152
ETERNAL LIFE.....	21
ETERNAL LIFE BY RIGHT LIVING.....	45
EXERCISE AND WORK.....	89-93
EYES.....	125-127
FACE.....	130-131
FASTING.....	174-178
FEET.....	133-134
FINITE MIND.....	36
FLESH MEAT.....	84
FOODS.....	48-49
FOUNTAIN OF YOUTH.....	150-151
FRESH AIR AND SUNLIGHT.....	25
FRUITS.....	62
FRUIT MEALS.....	71-72
FRUITS SHOULD BE RIPE.....	76-77
GOD.....	31-32
GREEN CORN.....	60
HAIR.....	127-130
HANDS.....	132-133
HARMONIZE WITH NATURE.....	23
HARMONY.....	19
HAVE ALL VEGETABLES FRESH.....	62
HEALTH SUGGESTIONS.....	77-79
HEALTH ECONOMY.....	143-144
HEALTHFUL COMBINATIONS OF FOOD.....	65-66
HEART AND LUNGS.....	120-121
HEIGHT AND WEIGHT.....	98-99
HIGHER POWERS.....	23
HIGHEST IDEAL.....	46
HOT SEASON CLOTHING.....	26
HOW GOD CREATES ANIMALS.....	33-35
HOT WEATHER.....	30
HOW TO COOK.....	73-74
HOW TO DEVELOP.....	24
HOW WE LIVE.....	26
HOW WE PROGRESS.....	28
IDEAL FATHER.....	186-187

	PAGE
IDEAL MOTHER.....	188-189
IDEAL PROGRAM.....	141-142
IGNORANT FOOLMAN.....	206-211
INTESTINES.....	116-118
IMMUNE AGAINST DISEASE.....	25
INFINITE MIND OF OUR UNIVERSE.....	35
INTRODUCTION.....	17
KIDNEYS.....	114
KNOWLEDGE IS POWER.....	22
LARYNX AND THROAT.....	107-108
LET YOUR LIGHT SHINE.....	29
LIGHTNING.....	154-155
LIVE AS A LITTLE CHILD.....	27
LIVER.....	111-112
LONGEVITY.....	190-196
MAN AN INSTRUMENT OF NATURE.....	20
MANIFESTATIONS OF LIFE.....	21
MENUS.....	66-71
MILK.....	52-53
MILK CURE.....	179-181
MINDS AID EACH OTHER.....	28
MOVEMENT FOR HEALTH.....	24
MUSCLES.....	116
NATURE'S HELP.....	23
NATURE'S THREE CLASSES.....	20
NATURAL DEEP BREATHING.....	25
NARROW WAY TO ETERNAL LIFE.....	197-199
NATURE WORKS SLOWLY.....	27
NERVES.....	119-120
NEWMAN WISE.....	218-223
NORMA GOODMAN.....	212-217
NORMAL WISEMAN.....	201-205
NOSE.....	123-124
NUTS.....	62
OATS.....	57-58
OLD AGE.....	224-229
ORGANIZED MATTER.....	19
OUR UNIVERSE.....	22
PANCREAS.....	112-113
PEANUTS.....	58-59
PERFECT ECONOMY.....	27
PERFECT HAPPINESS.....	147-148
PERPETUAL YOUTH.....	27
POISONS.....	48

	PAGE
POTATOES.....	59
PRACTICE RIGHT LIVING.....	22
PREFACE.....	11
RECREATION.....	94-95
RETIRING FROM BUSINESS.....	102-104
RICE.....	59
SALIVA.....	108-109
SELF MASTERY.....	22
SIN.....	148-149
SKIN.....	135-139
SEX ORGANS.....	159-160
SLEEP.....	87-88
SLEEP RESTORES.....	24
SNEEZING.....	24
SPLEEN.....	134-135
STOMACH.....	110-111
STRING BEANS.....	60
SUN-LIGHT.....	99-100
SYSTEMATIC LIVING.....	140
TELEPATHY.....	47
TEETH.....	104-106
THE HOUR NEVER STRIKES.....	26
THE LAW IS PROGRESSION OR RETROGRESSION.....	28
THE NEW DOCTRINE.....	30
THE NEW WORLD.....	45-46
THE UNPARDONABLE SIN.....	26
THE WATER OF LIFE.....	29
TIME TO EAT.....	79-80
TOBACCOISM.....	84-85
TONGUE.....	106-107
UNIVERSAL LOVE.....	145-146
UNIVERSAL TRUTHS.....	19
VEGETABLES TO BE COOKED.....	61
VEGETABLES TO BE USED RAW.....	61
VIBRATIONS.....	153-154
VITAMINES AND LIVE CELLS.....	74-76
WAY TO EAT.....	80
WEATHER CONDITIONS.....	101
WHAT TO READ.....	96-97
WHEAT THE FOOD OF THE GODS.....	83-84
WHAT WE ARE—THE "I AM".....	156-157
WHAT WORK WE SHOULD DO.....	36-37
WHOLE WHEAT.....	56-57
WORLD GOVERNMENT.....	200

INTRODUCTION.

In introducing you to *The Perfect Life and How to Live It*, will first give the formula which is—

Sleep right, eat the right amount of the right kind of food at the right time in the right way, exercise all the muscles in the body in the right way at the right time and in the right amount under the best conditions, bathe right, dress right, think right and believe right. This formula, as here you see it, may not mean much to you, but contains all of the numerous things required of you to enable you to live a perfect life, which will give you all possible health, bodily perfection, mental perfection, ecstatic joy, everlasting life, and in every way satisfy you when you once have realized all we have here expressed in this formula.

Most persons think that in order to enjoy themselves, they must dissipate. The word dissipate means to destroy, and whenever you vary in the least from what the above formula contains, you destroy yourself to that extent. Ignorance is the cause of all the misery that you see. Ignorance leads to selfishness, and selfishness leads to dissipation, sickness and death.

Whenever all of humanity knows the absolute truth, which is briefly embodied in the above formula, all selfishness, dissipation, sickness and death will vanish.

Before beginning the detailed interpretation of our formula we will first present you with a number of wisdom sayings which contain great primary and valuable truths, all of which you should often read over and meditate upon.

UNIVERSAL TRUTHS.

ORGANIZED MATTER.

1. Physical science has divided matter into molecules, molecules into atoms, atoms into electrons—energy—and all is the manifestation of mind. An electron, is quite likely a minute universe, fashioned after our own—or some other—and again composed of other smaller universes to an infinite division, the larger being designated as the Macrocosm and the smaller as the Microcosm.

HARMONY.

2. By harmonizing completely with the universal law, and working in perfect harmony with it, we become able to accomplish any good work that we undertake.

BELIEF.

3. Belief has an all powerful effect on the body for good or evil. When we know we are right we should also know—believe fully—that in following the right course we will accomplish our desire.

BODILY ORGANS.

4. Avoid prudishness. Know the truth as to all of the bodily organs. Never exercise—except for procreation—or in any way interfere

with or disturb the sexual organs, as they mature and remain in the best possible condition when left entirely alone. Avoid sexual dissipation as it is self murder.

EFFECT OF MIND ON BODY.

5. The human body is a product of mind, and its health depends largely on the state of the mind. If the mind is fully satisfied that the environments, food, conditions for exercise, sleep, and all other necessary conditions, are entirely satisfactory for health, and that the patient can recover, a rapid recovery is assured. In all cases where patient does not recover, under above conditions, it is because patient is not mentally sure of recovery.

NATURE'S THREE CLASSES.

6. The lowest beings obey Nature's—God's—laws through instinct—intuition—and the highest through reason—wisdom—and the intermediate beings violate these laws through ignorance and suffer.

MAN AN INSTRUMENT OF NATURE.

7. Man is only an instrument through which Nature manifests itself and accomplishes its works. He should work in harmony with Nature's other instruments and obey Nature's laws.

ETERNAL LIFE.

8. Man can live on this earth forever, if he thinks as he should, lives as he should, and joins his fellow organisms for universal progress and happiness. All accidents after a while can be prevented. All organisms are capable of becoming more perfect, more powerful and more beautiful, as time goes on, if the surroundings are right, the belief right and the mind can constantly be kept in an ecstatic condition. To bring this happy condition about, each one must work for the universal advancement of all others, having nothing for his enjoyment, that is not equally supplied to all others. Those who are wiser and stronger than their neighbors, must help their neighbors to acquire their wisdom and strength.

DAILY PROGRAM.

9. Each individual should have the best possible course prescribed for each day with plenty of time for exercise, rest and sleep. The most suitable food should be eaten in the right amount, at the right time, in the right way, and under the most favorable conditions for the person served. The daily program should provide for everything each day that the individual should do.

MANIFESTATIONS OF LIFE.

10. The mind, through the nervous system, operating on the muscles and glands, produces

all manifestations of life. Therefore right, constructive, harmonious, healthful thinking helps in perfecting the body and in maintaining it in perfect health. Striving to promote the highest happiness of all, by equalizing the labors of all, and sharing the benefits equally among all, is one beneficial course to be persued. Every right thought is beneficial to us, and to humanity. Every wrong thought is detrimental to us, and also to humanity.

KNOWLEDGE IS POWER.

11. As we know more of the truth, we have more power to use in self control, and can more effectively live the right way.

SELF MASTERY.

12. Having completely mastered ourselves, we can then intuitively live the perfect life, and effectively teach others.

PRACTICE RIGHT LIVING.

13. Man should believe what he has sanctioned as the truth, and live the perfect life to the best of his ability, concentrating all his forces to acquire perfection.

OUR UNIVERSE.

14. We are a necessary part of our universe, and to render it the best service, we should become perfect and continue absolutely perfect. Our universe is our God. We are Gods to the

universes composing our bodies. When we fail to live a perfect life, we fail to do justice to both the universe of which we are a part, and also to all the universes composing our bodies.

NATURE'S HELP.

15. When you teach mankind how to live perfect lives, and become perfect, you are working in harmony with God—Nature—and will receive His all powerful help.

HARMONIZE WITH NATURE.

16. Think only thoughts of perfection, harmony, happiness, good will, love, true and everlasting perfection, and happiness for all beings without exception. Work constantly in harmony with Nature—God—to perfect all and make all eternally happy.

HIGHER POWERS.

17. We do not live by food and drink alone, but must depend also on other and finer things—essences we know little about—to attain our higher powers.

ACTIVITY IS LIFE.

18. Imitate the healthy boys and girls in their innocent and pure thoughts, free from care and worry, enjoying their work and play. Run, jump, roll, tumble and exercise as they do. Activity is life. Stagnation is death. Laugh

heartily as the children do. Live the perfect life and remain eternally young.

SNEEZING.

19. Sneezing is a healthy exercise. It opens up the air passages and removes irritating matter from the air chambers of the nose.

COUGHING.

20. Coughing is a healthy exercise. It removes irritating matter from lungs, bronchial tubes and throat.

HOW TO DEVELOP.

21. The mind—working through the nervous system—causes the muscles of the body to perform all kinds of motions necessary to a perfect development of every part of the body, and also enables the individual to do all kinds of work.

SLEEP RESTORES.

22. Perfect sleep at least once every twenty-four hours—usually from 8 to 10 hours—between 9 p. m. and 7 a. m.—is necessary to restore all parts of the body to a natural and healthful condition.

MOVEMENT FOR HEALTH.

23. We are starting a movement, that will produce a world of healthy and happy people, capable of perpetual existence if they desire it.

IMMUNE AGAINST DISEASE.

24. A perfectly healthy person is immune against all disease, so long as he lives a perfect life. His perfectly pure blood is an antidote that destroys all disease germs.

FRESH AIR AND SUNLIGHT.

25. Pure fresh air and sunlight are necessary for ideal health. Have plenty of both in all sleeping and living rooms.

NATURAL DEEP BREATHING.

26. Natural deep breathing of pure fresh air, invigorates and vitalizes the system. Vigorous exercise promotes natural deep breathing.

ANTIDOTES.

27. Antidotes for poisons and medicines to destroy parasites that cause external—and in some cases internal irritations—are useful.

DEBTORS TO HUMANITY.

28. We are debtors to humanity to the extent of our wealth, whether in money, property, mentality or morality. We must give of our wealth freely that all may be able to live the perfect life. To withhold from humanity any real benefit is a sin.

DIVINE FORCE.

29. All force is—in its essence—divine, and if turned in the right direction, is all compelling

and all conquering. We should turn all forces to useful and beneficial work.

THE HOUR NEVER STRIKES.

30. Live a perfect life, and be the person for whom the hour never strikes.

DESIRE AND WILL RIGHTLY DIRECTED.

31. A strong desire and will—rightly directed and in perfect harmony with the laws of Nature—can do most anything.

THE UNPARDONABLE SIN.

32. The unpardonable sin is to believe we will die, no matter what we do, in perfecting ourselves and complying with the Father's—Nature's—immutable laws. Avoid this false belief, because it is fatal.

A NATURAL APPETITE.

33. Do not cultivate an abnormal appetite by using stimulants of any kind. A natural appetite—hunger—calls for that kind of food that contains the necessary bodily elements. Follow our menus if you desire the right foods.

HOT SEASON CLOTHING.

34. Hot season clothing should be loosely woven, and loosely worn, so air can circulate freely about the body.

HOW WE LIVE.

35. In God—Nature—Our Universe—we live and move and have our being.

BRIGHT COLORS.

36. Have buildings, rooms, clothing and surroundings in bright colors. These are Nature's colors. They inspire us with life, health and happiness.

PERFECT ECONOMY.

37 Perfect economy should be practised in all things. This is Nature's policy. We should follow her example.

A PERFECT GOD.

38. The Universe of which we are a part and in which we live and move and have our being is a perfect God. We should obey his perfect and immutable laws and live in perfect harmony with them.

LIVE AS A LITTLE CHILD.

39. Live as a little child in simplicity, faithfulness and in all that is good, true and beautiful, and you can become perfect and always live the perfect life.

PERPETUAL YOUTH.

40. All are perfected by each individual becoming perfect. The fountain of perpetual youth is in each of us, and if we will use it right we can become perfect and live happily forever.

NATURE WORKS SLOWLY.

41. Nature works slowly. Do not expect great results too soon. Any improvement shows

you are succeeding. Never vary from right living as the reward is sure.

MINDS AID EACH OTHER.

42. The mind, properly controlled and directed, builds the body at any age as desired by the individual, and is aided by other minds working in harmony with it. Where two are agreed that a right thing shall be done, it shall be done.

THE LAW IS PROGRESSION OR RETROGRESSION.

43. Those who do not improve by added health, perfection, strength, beauty and wisdom, begin to degenerate, dissipate and die. The law is progression or retrogression.

HOW WE PROGRESS.

44. When we have perfect control of ourselves, and live the perfect ideal life, we become better, more beautiful, happier, stronger and wiser as the years pass, without any limit to the extent of the development in length of time or extent of the perfections attained. Do not fix a limit and believe you can not exceed it. As you think so are you. If you think you can, you can. If you think you can't, you can't. I can and I will does all things. I can not and will not try, always fails. As you think and believe, so are the results.

THE WATER OF LIFE.

45. Fresh rain-water as it falls, is the water of life. All living organisms are created in this water, and all are invigorated and vitalized by being bathed in it. It is Nature's—God's—creative fluid. No chemist can make a water like it. To get the full benefit of it, have a bath-room with no cover, and when it begins to rain, undress and stand in this room and bathe in the only water that will completely and perfectly invigorate, vitalize and restore you to perfect health. This is the water that vegetation grows from, and that bathes all of the animal creation—except man, some domestic animals and caged animals. There are vital elements and forces in it, we can not analyze, but we do know that it has a more powerful vitalizing effect, than any other water.

LET YOUR LIGHT SHINE.

46. Each person has a sun within himself, and when he or she smiles and in any way expresses universal love by helping others to more easily perform—themselves—such work as they may have to do, it is letting this sun shine. So always let your light shine and dispel all of the darkness that may be about you. Always be happy and make your sun light dispel all clouds of gloom in all directions from all other beings.

A kind word may save a life, and turn it in the right direction any time.

HOT WEATHER.

47. Hot weather gives us the benefit of the Turkish Bath, whether we are willing to take it or not. This cleanses the body and is highly beneficial.

COLD WEATHER.

48. Cold weather is highly beneficial by increasing our vitality. After the cleansing effect of the hot season, the cold is a wonderful tonic and does us much good.

THE NEW DOCTRINE.

49. The person who sleeps perfectly, eats the right amount of the right kind of food at the right time in the right way, exercises all the muscles of his body in the right way at the right time and to the right extent as also all his mental and spiritual faculties, loves all his neighbors as himself, works to have every thing perfected as far as possible in the world, and for perfect and harmonious order, and believes and teaches that all of this is to make all things and persons happy all the time, can continue his existence on this earth as long as he desires.

GOD.

God is the universe and all it contains, both material and spiritual. He, through his numerous agents—human beings and other animals—is constantly increasing his highest happiness by promoting the highest happiness of all existing beings.

We, therefore, are happiest when helping him in his efforts. God asks no praise, and makes no one to suffer who obeys his immutable laws, which are shown in all his works, and are known as Nature's Laws. He created all things and fixed His immutable laws to govern them, and so arranged it for all eternity, that so long as mankind should abide perfectly by his laws, they should continue to increase their vitality, happiness and wisdom and live perpetually free from death, pain and all the penalties that are imposed by his unchangeable, self-executing laws. For slight violations of His laws, pain is the consequence, and for greater violations, the penalty is death. So it becomes our duty to study His immutable laws, and learn what we must do to fully obey them in order that we may have perpetual existence, and with it that highest happiness that all desire. To deny the

above truths, is the unpardonable sin. To believe these truths and comply with the perfect, immutable—unchangeable—laws, is the narrow way that leads to everlasting life, perfection and eternal happiness.

By obeying the immutable laws of Nature—God—we can return, as did the prodigal son, to the Father's house.

HOW GOD CREATES ANIMALS.

When the author of this book was a small child, residing on his father's farm—about two miles north of the then town of Auburn, Indiana—he found after a thunder-storm in the spring of the year, many small fish, all about one inch in length, on the ground, in the rain-barrel, and even a few on the porch where the wind had blown the rain. All were of the same size, and all perfectly formed and all very active and full of life. This was in one of the years between 1856 and 1859, as the author of this book was born on September 6th, 1851, according to the family record. It is now clear to him that these fish were created by electricity during the rain-storm up in the clouds, where were the four great elements of animal bodies: Oxygen, Hydrogen, Nitrogen and Carbon, as well as the other elements that in smaller quantities enter into the formation of animal bodies. There were no bodies of water with such fish in them anywhere near the place where these rained down, and had they been carried there by means of a cyclone, there would have been fish of many varieties and sizes. So from all the circumstances attending the raining down of these fish, we can only account for it as a demonstration of the way in which God creates animals.

After other thunder-storms in a few instances, all occurring in the warm season of the year, I have seen fish-worms in the rain-barrel, as well as on the surface of the ground, which could only have come from the clouds where they were created by the action of electricity during the storm. Again after other thunder-storms in later years, I have seen thousands of frogs, all the same size, covering many acres of land, all perfectly formed. And still again after other thunder-storms, I have seen thousands of toads, all the same size, covering many acres of land. I have had a few persons with whom I talked about these things, tell me that they also had, on a few occasions, seen the same quantities of frogs or toads after thunder-storms in the warm season. So this, satisfies me, that when God sees a necessity for stocking any part of the earth with any animal, he creates them by means of electricity, so that no part of the earth may be without those animals that can live and enjoy themselves in the localities in which they are created. We, therefore, reason that if He can thus create and does create fish, fish-worms, frogs and toads, he can in like manner create human beings and all other forms of animals. While this may seem to be contrary to the theory of evolution, we hold that, with the facts before

stated, before us, we can not reason otherwise. Even on the theory of evolution, the life germ to be developed must first be created as a starting point, and if the great Intelligence that creates this germ, can create it, He can also create other and higher organisms, mankind, elephants, horses, cattle and so on.

INFINITE MIND OF OUR UNIVERSE.

The mind of Our Universe exists in the matter composing the earth, other planets of our solar system, sun, moon and such heavenly bodies as belong to what we call the universe, and controls it and regulates it, as we control and regulate our bodies, and such finite things as we can and do control. We are a part of this great body—called the universe—and live and move and have our being in it. The Infinite Mind has established laws governing all nature, and when we obey these laws, we are strong and well and happy and constantly become stronger, better and happier. In obeying the laws of the Infinite Mind, we become co-workers with it, and can accomplish much to improve the health and happiness of humanity.

FINITE MIND.

The mind rules itself—and through the nerves—the body. As the tissues of the body are composed of minute cells, all of which are supplied with nerves, the mind can through the medium of these nerves control all parts of the body, not excepting even the bones, cartilages, ligaments, tendons and nerves themselves. The mind also controls itself and says what it shall think, and what ideas it shall entertain. Ideas that are ennobling and elevating, only, should be entertained. If we live perfect lives, our minds will rule our bodies and minds, as the Infinite Mind rules itself and its body—which is our universe.

WHAT WORK WE SHOULD DO.

We should do only that kind of work, which is useful in promoting the highest permanent happiness of all human and other beings, such as cultivation of land in the raising of useful products, necessary transportation, manufacturing of necessary articles, distribution of those things necessary to the health and comfort of people, and such things as are educational and

help to educate, and make homes beautiful and comfortable. Under the present organization of governments, service rendered for the governments, world, national, state, district, county, city, town or any other subdivision, as well as necessary instruction in the various established schools, both public and private, where right thinking and living is taught. We should avoid producing poisons and also furnishing them to anyone. We should study to learn what is beneficial and detrimental to humanity, and as fast as we learn as to such things, should put it into practice. We should also, as far as we are in possession of knowledge beneficial to humanity, impart it to them. We also should teach by example, as well as by precept, as to what is right living, right vocation and right thinking. We should be as kind and helpful to our fellow beings, as we would wish them to be to us. Our own highest happiness requires all of this, and if we do not perform this duty fully, we are the losers.

CHANGE HABITS GRADUALLY.

Changes in established habits should be gradual and not too sudden. One who has been accustomed to a small amount of exercise, must begin to increase that amount gradually, and as it will be found agreeable, otherwise the exercise will be injurious instead of beneficial. If the exercise is walking, or doing any other work in amount above what you are used to, increase the work or exercise by small additions at first, until you can continue it for hours without becoming tired. Exercise to be beneficial, should be as agreeable and easy as eating some healthful and favorite food, when you are hungry for it. It is under such conditions that it will be most beneficial.

The same is also necessary in changing either amounts or kinds of foods. Begin with a short fast of one day or half a day and leave out the rich and highly spiced foods. If you have been drinking either tea or coffee for supper, substitute for it, milk or water or often eat without drinking. But sipping a moderate amount of water after eating will be beneficial. Stimulating drinks, coffee, tea, or others, taken later than two to three p. m., will keep you from sleeping

soundly at night, when sound sleep is very necessary to rest you for the efforts you are to make the next day. Then if you have been using these drinks at each meal, you can take a smaller amount for breakfast and dinner for a week or so, when you can commence leaving out the drink at breakfast. You will hardly feel sleepy for want of it until after dinner, and by using one small cup only after dinner you can after a week or two of this, leave it entirely out of your system. You may long for it for a week or two but do not use it, and you will soon find you are much better off. In the same way you can break up the habit of using many other objectionable foods, among which are meats of all kinds. For animal foods, rely on milk, eggs, cheese and butter. These with whole-wheat bread, potatoes, stewed sweet-corn, beans and many other nutritious vegetables, will make much better body-building diets than a meat diet. As further along we will discuss all the merits of many foods, and give this matter what it is entitled to, we will not here go further.

What we wish to impress on you here, is that you must use judgment in making changes in both exercise and diet. You can not safely make a short cut from a sedentary life to one of much activity at one jump. Neither can you make

a sudden jump from heavy eating of rich meats, with stimulating drinks, to a perfect diet, without suffering much injurious effects. So make changes gradually, and you will suffer no inconvenience and be successful in the undertaking to reform. The usual method of people who fail in their attempts to reform, consists in the big jump from a full and highly stimulating diet to one that is entirely too meager, and after an effort of a day or two, they give up and resume the old habits. To build up a perfect body, it takes years of patient work. But when you have won out and perfected your health and body, and acquired the habit of living the perfect life, you will never desire to change.

BATHING.

Bathing has a powerful tonic effect on the whole system, and should be attended to every day without fail. The water should be tepid, and at such a temperature as is agreeable to the bather, and no soap or any chemical should be placed in the water or applied to the body in bathing, as all soaps and other chemicals, injure the nerves and oil glands, and put the skin in an unnatural condition, and to this extent destroy the good effects of the bath. The motions—both in applying the towel in washing the body as well as in wiping it—should be from the toes upwards towards the heart on the lower part of the body, and from the top of the head down in the direction of the heart, and from the tips of the fingers on the upper extremities in towards the body. The reason for this, is that the veins that carry the blood from the extremities flow inwards on the surface towards the heart, and by wiping and rubbing as before stated, you are aiding this flow by a mechanical action and preventing enlarged veins. The opposite motion—which many adopt—produces a depressing effect, and also enlarging of the veins.

The ordinary towel is the only thing that should be used in the bath, as all devices for

scraping and cleansing the skin, other than this, are not good. If any part of the body needs scratching, the finger nails are the best thing for this purpose. The bath tub should be long enough and large enough to enable the bather to immerse the entire body at once, so as to get the best possible results. Water of the right temperature has a cleansing and invigorating effect on the entire system, and where baths are taken daily, the time required need not exceed one hour, and often a less period is required. After drying the body, and producing the glow by a rubbing as indicated, allow the air to slightly cool the surface before dressing, and in this way, get all that a cold bath could give you with no uncomfortable feeling. Where a bather can take a swim, in water of the right temperature, the effect is always good, as the exercise in moving the body about in the water further enhances the good effects of the bath. Except in a medicinal way—where one is trying to cure by bathing—one bath each day is as much as is necessary for perfect health. More than this is often detrimental, and once each day is too frequent for some persons. Each person is best off with what is most beneficial to him, or her, in this respect.

BREATHING.

Animals breathe to get oxygen, and plants breathe to get what animals give off—carbonic acid gas—and give off oxygen. Between the two, it is a perpetual motion, and each thus aids the other. So we should be happy when we walk through the fields, gardens and groves, to see the vegetation preparing oxygen for us. The flowers also contribute to our health and happiness by giving off with the oxygen many fine perfumes, and also delight the eyes by their brilliant and harmonious colors, far surpassing the finest paintings. This vegetation is also preparing the finest foods for both people and other animals.

In the spring, summer and autumn—as well as in the winter—we should take each day, at least two long walks—from two to five miles each—to get plenty of the life-giving oxygen, as well as the benefit of the exercise. These walks are to be as rapid as is agreeable, and ought to be interspersed with a few foot races, in order to send blood rapidly to all parts of the body. This is the best way to get good results from exercise. Running brings into active exercise all the parts of the body, and by rushing the blood in liberal amounts to the lungs, vivifies us as no other exercise can. In these walks and races the body should be kept in a natural position. The deep breathing we get in this outdoor exercise is the best that there is.

CLOTHING.

All clothing that comes in contact with the skin should be without any color and either cotton, linen or silk. Underwear made of fur, hair or wool, is not desirable. One advantage of pure white underwear is the effect that it has on the mind of the wearer. When it is clean, it is easily known, and if it needs washing, the wearer knows it. One thickness of underwear is all needed in warm weather, but in cold weather two thicknesses are often beneficial.

Outside clothing should be usually of such darker colors as are suitable to each individual, and should be neatly fitted and of the right materials, and adapted to the season and uses it is to be applied to. Shoes should fit the feet and be large enough to enable the wearer to be free from blisters, bunions and corns. All these are caused by ill-fitting shoes, or shoes that are too small for the wearer. Clothing should not in any way interfere with the circulation of the blood, movements of the body or with breathing. Wear no more clothing than necessary. Wear light clothing in hot weather and heavier in cold weather. Have it fit loosely so as to not impede circulation of the blood, or interfere with respiration.

ETERNAL LIFE BY RIGHT LIVING.

When we eat the right amount of the right kind of food at the right time in the right way, take the right amount of the right kind of bodily and mental exercise at the right times in the right ways, sleep right, bathe right, dress right, think and believe right, and in so doing are constantly in a perfectly happy condition, we will constantly become better, stronger, younger in appearance, more beautiful, wiser and happier as time goes on, and in this way will be free from death, and can thus live and progress forever. Doing all of this will enable us to live on this earth as long as we want to, and by doing this and getting all others to do the same, we can make this dear old mother earth the beautiful Garden of Eden.

THE NEW WORLD.

In *The New World* there will be neither rich nor poor, neither disease nor death. All will be in perfect health and always happy. All will live right and each person will always be the true friend of all others. A perfect system of co-

operation will give each individual all the benefits each would have if each owned the entire world. This is what all are aspiring to, only ignorantly, some think they must own all things in order to be happy, and can not see right, because they are "The blind leading the blind." The people on this new earth will be the just men and women made perfect, called the elect.

HIGHEST IDEAL.

The highest ideal is to produce perfect human beings of both sexes, and to have them bring up children who will be perfect, and continue to live in perfect happiness forever on this good old earth.

DISEASE.

Many diseases exist because of wrong living, and can be cured by right living alone. Others require the treatment of a physician or surgeon.

The World Government should take charge of the treatment of all who need a physician or surgeon, and then there would be only one system of treatment and that the best. In the treatment of diseases we advise the use of all

there is good and effective in all known methods of cure. For some diseases one method is best, and for others still other methods. Each case is best treated by that course under all circumstances which is most likely to effect a permanent cure. Under the present conditions, we advise the patient to secure the services of the best local practitioner, and to act under his treatment until it becomes clearly evident that the treatment is not helping. Then do the next best thing, which is to consult the best specialist in his case that the patient knows of. Living the perfect life will cure about all diseases, except those requiring a surgical operation, and those caused by taking poisons and from accidents.

TELEPATHY.

Telepathy is the action of one mind on another at various distances by means of a medium other than any of the five senses—seeing, hearing, feeling, tasting and smelling. Our ability to receive these communications from all distances, and from total strangers, as well as from those we are acquainted with, is now an established fact. Telepathy may well be called our sixth sense.

POISONS.

Some of the poisons to be avoided are Alcohol, Tobacco, Opium, Coffee, Tea, and the flesh of dead animals, usually called meat. Any of these—if used at all—should be taken under the advice of a well educated physician. About all articles that are not included in our list of approved foods, should be kept out of the stomach. Poisons in addition to the above named are vinegar, salt, pepper and spices of all kinds. A well person needs nothing in the way of medicines. Therefore all such should not eat any article not mentioned in our approved list which will give you sufficient variety to select from.

FOODS.

The best foods for mankind are the cereal grains, nuts, eggs, milk, fruits, vegetables, honey, butter, cheese, cream, sugar and syrups.

No food should be eaten until the previous food taken has been digested, and the stomach has rested for from one to three hours. By delaying breakfast till you are really hungry—and if there is any doubt about being hungry—omitting it entirely, you can after a while get

your system in a condition to perfectly digest your food. It is a good plan some times to fast for a day or two in order to allow your system to get in good shape for digesting your food. A person in ordinary health and flesh can usually at the end of one full day—of twenty-four hours—by abstinence from all food, and by taking the usual amount of exercise, establish a condition of hunger that will be the means of perfect digestion. This will depend on how his system is overloaded with unnecessary substances. The longest fast the writer has undergone to put his system in good shape has been two full days—forty-eight hours. During this time, he taught a school of over sixty pupils in a satisfactory manner. Since then he finds twenty-four hours always sufficient. In these fasts you are to drink nothing but pure fresh water, and continue with your usual exercise or work. The mind has so much to do with it, that these fasts are easy if you firmly make up your mind to take them. All such fasts have a very good effect on the health for a considerable time, and ought to be more frequently taken by everyone who is not feeling just right. Quite frequently very fleshy people have been benefitted by fasts of much longer duration, some it has been reported as long as ninety days.

BEST FOODS.

Best foods are those that give best results. After a person has attained his full growth, he only needs foods to replace the wear that is occasioned by work and unless his activity is very great, he must reduce the amount of food that he was used to using during his period of growth and general development. In a perfectly healthy person, all food taken should be completely and perfectly digested. If it is not, trouble is sure to follow, in the accumulation of undigested food in the stomach and intestines. Again if more food is digested than the body requires for its proper nourishment, the surplus blood must get rid of its excess of nutriment by storing it in the form of fat, or by an unhealthful storage in the soft parts of the body as the intestines, skin, brain or connective tissues. If stored in the lower part of the intestines, we have piles. If stored in the skin, we have skin disease. If stored in the brain we have brain diseases. If stored in the connective tissues, we have dropsy. Besides these ways of causing disease, there are other ways in which the surplus of blood can injure us. No stored—stagnant—blood can remain pure. The natural circulation of the blood is necessary to keep it

pure. All stored blood either circulates very slowly or not at all.

For the above reasons we should never eat more food than is necessary to supply the wastes caused by exercise and work. Every mouthful above this is an injury. We are always better off with rather less food than we need instead of too much. Many of the diseases above mentioned are quickly cured by a fast.

The following foods are all good but you must select those that you think will nourish you best. Without eating flesh meats, we have five kinds of animal foods.

EGGS.

Eggs contain all the elements of the body in the right proportion and are a perfect food. They are all nourishment if eaten raw. If cooked only a part of their nourishment is secured. They are best taken raw with whole-wheat bread. Always have them strictly fresh and break them into a glass as if they were soft-boiled. They taste better raw than soft-boiled. Soft-boiling is the least objectionable way of cooking them but it seems to destroy the fine flavor. This fine flavor is quite likely the vitamins. When you lose this you lose the most valuable part of them. Anyone can easily learn to eat them raw by just thinking they are soft-

boiled. All persons who can arrange to keep a few hens, should do so in order to have strictly fresh eggs. No family should be without a dozen or two of hens and they should be kept right. Any standard work on poultry will give you all such information.

MILK.

In order to have the best milk possible, you should have either a cow, or goats. If you are able to keep a good cow, you should by all means do so in order to have freshly drawn milk with all the perfect food elements that you can only have in it in this way. Milk loses about all of its vitamins by cooling and gradually changes the other perfect cells as it ages. The cow should be milked just as breakfast is ready. The same can be said for supper. But for dinner you can use some of the morning milk. In feeding babies, the milk is to be drawn fresh each time. For this frequent feeding, goat's milk is the best, and a goat can easily be kept in the yard where it can be milked at any time.

The milk you buy is just a very little better than no milk. As the ordinances of most all cities require the milk to be pasteurized—heated—it has no vitamins in it and all cells are so changed that little of the real value remains. Besides many dairymen put chemical

preservatives into it to keep it from souring and these chemicals are injurious poisons, because if they were not poisons they would not be germicides. For this reason have your own goats or cow.

CHEESE.

Cheese is the richest of all foods, as it is the nutritious part of the milk condensed into a solid form. Like pasteurized—heated—milk, it contains all the bodily elements in the right proportions except the vitamins. Full cream cheese will give you plenty of protein—muscle forming substance—and fat—heat and force producing substance—and mineral substances for nourishing the bones and most all parts of the body. If cheese is used, you should use raw vegetables and raw fruits with it to furnish vitamins. Such as lettuce, cabbage, celery, cranberries, apples, pears, grapes and other vegetables and fruits. Be sure to use the vegetables and fruits raw, as cooking them destroys the vitamins. By grinding whole wheat and using it within a few days you can secure vitamins. To get the vitamins in the wheat you must eat it raw and the sooner after it is ground the more certain you are to get all the vitamins.

CREAM.

Cream contains the fat vitamins but no

others and is valuable for its heat and force producing substance. It also contains a small amount of muscle forming substance—protein—and a small amount of other substances. It is good as a seasoning for many kinds of other foods. It can be used on bread as a substitute for butter and is even to be preferred, as it contains all the elements found in butter and some that butter does not contain. It should be strictly fresh. Rancid—stale or mouldy—cream must not be used as the decay of the protein it contains will form the deadly *ptomain* poison. This is the reason why stale ice-cream poisons people occasionally. So beware of this ptomain poison when you buy cream. All canned milk and cream—usually called evaporated milk and cream—must be avoided if you value your health. No condensing can make milk or cream keep in a healthful condition. The writer has repeatedly sampled these milk and cream products and has always found them very disgusting. And above all, do not try to raise babies on condensed milk and commercially prepared foods. The food for young babies is first its mothers milk with its live cells and all of the life giving vitamins. If you are not able to furnish this, the next best food is the milk of some perfectly healthy woman that is nursing

her own child. We advise this feeding for a few months until the new born child can get along on goat's or cow's milk. Next in order for children is the freshly drawn milk of the goat or cow. As under the subject, "Care of Children," we have fully explained about this we will say no more about it here but refer the reader to that subject.

BUTTER.

Butter should be strictly fresh and free from all coloring matter and preservatives. As butter usually contains more or less protein—the lean meat producing substance—it is liable to have *ptomain poison* in it if it becomes old. Therefore it should be strictly fresh. Salt being a poison—as all preservatives are—should not be put into butter. The butter should be preserved by a temperature at about the freezing point and should not be held longer than from two to three months in this temperature as a deterioration is all the time going on even at low temperatures. It is a common saying that the use of much butter causes skin troubles. It is not the fresh butter fat that does this but the salt and other preservatives that are put into it. To be safe, have your own cow and make your own butter every few days and have it free from salt and other chemicals.

WHOLE WHEAT.

New whole wheat is the perfect food for people after they have passed their childhood period. By grinding it fresh each day as used and eating it raw, you get all the substances necessary to form a perfect body and keep it in perfect health. If you have no hand-mill for grinding it, by moistening it an hour before eating, you can easily chew the grains so as to get all of the nourishment in it. But to get all of the elements you must use it, germ, bran and all parts of it. If you make bread of it you lose all of the life-giving vitamins. By eating about one-half of it raw at each meal and the other half in the form of whole-wheat bread, you will get one-half of the vitamins and perfect cells as nature has prepared them for you and some of its protein and other elements in the baked bread. But as you have been in the habit—for a long time—of eating most of your food in a cooked form, you cannot very safely make the entire change at once. But in order to have a high class bread, grind your own whole-wheat flour each time you bake and have all of the wheat in your bread.

White wheat bread, made from the highly advertised white flours, is of little value as a food. It has a tendency to constipate and con-

tains very little protein—muscle forming substance. As the protein and mineral salts lie close to the germ and bran, you do not have these in the white flour. But when you grind your own flour fresh each time you bake you have all these in your bread. Mills take out the germ in the whole-wheat flour that they furnish, because the germ would require the flour to be used within a few days after grinding, and for this reason you cannot buy such whole-wheat flour as you ought to have to give you the right kind of whole-wheat bread. All flours now made by the milling trust are made to sell and speculate on. This trust does not care about the welfare of the people. They are in the business to make money. So buy a hand-mill and grind your own flour each time you bake. Remember that with your hand-mill you can grind your oats, and make fresh oatmeal, rye and have fresh rye flour, barley and have fresh barley flour, corn and have fresh cornmeal. You can, with a fine sieve, sift out the oat hulls, corn hulls and barley hulls and have all these in nice shape for use. By all means get the mill.

OATS.

Oats is a richer food, so far as protein and fat are concerned, and contains about as much of the other food elements as wheat. Strictly

fresh oatmeal is a richer food than freshly ground whole-wheat as it contains one-fourth more protein and almost four times as much heat and force producing substances. The oatmeal of commerce is usually so old that it has greatly deteriorated, and probably has lost all of its vitamins and a considerable part of its other substances. In order to have it in the best possible condition, buy a hand-mill and grind your own oatmeal as you need it, and have it fresh. It can be eaten raw and is a fine thing to mix with your whole-wheat flour. The two put together in a dish and thoroughly mixed, make a very fine combination to eat raw. Like wheat, it contains all of the vitamins and when eaten raw, gives you as rich a food as you need. It will grow you more muscle and produce about four times the amount of heat and strength when compared with wheat as a food. In Scotland they say they produce fine horses and fine men on oats. They surely can do this, as it is the best of all grains so far as its nutritive qualities are concerned.

PEANUTS.

Peanuts contain the largest amount of nutriment of any substance used as food. They contain one-fourth more protein and four times the amount of fat found in oats. As they are

rich in all the bodily elements, they are a good substitute for all kinds of animal foods. They are a good food raw or roasted. In using them, great care must be taken that you do not overeat. They should be strictly fresh.

ALMONDS.

Almonds contain about half the amount of protein and a little more fat than peanuts. They are a good substitute for animal foods. Their fine flavor makes them a favorite.

RICE.

Rice is a fairly good food if used with fat-yielding foods, but is not a food that one could live on alone for any great length of time and keep in good health, as it is almost entirely deficient in the heat and strength producing elements.

POTATOES.

Potatoes, both sweet and white, have only a very small food value and must be used with the other articles of foods. Both should be prepared only by roasting in the skins as this makes them easily digested and preserves all of their elements. Used in this way, they are highly beneficial along with the other foods.

CORN, BARLEY, BUCKWHEAT, KAFFIR-CORN AND RYE.

Corn, Barley, Buckwheat, Kaffir-corn and Rye are good substitutes for Oats and Wheat.

These cereals are, however, not as desirable, as they contain less protein, excepting rye, which contains the same amount of protein as wheat according to one analysis and less than wheat according to another analysis.

GREEN CORN.

Green corn, either sweet-corn or field-corn, cut from the cob in thin slices and cooked with as small an amount of water as possible, seasoned with butter and cream, is a very palatable and nutritious food.

After cutting the corn as close to the cob as possible, the cob should be scraped with the knife so as to secure the part remaining, as this is the best and most nutritious part. Cook for only about five minutes and have vessel covered so as to condense the steam as this steam contains valuable food substances.

STRING BEANS.

Beans in the pods, when the bean is about half grown, cut in pieces about a half-inch in length and boiled under cover in a small amount of water for a half hour, retaining water they are cooked in, and seasoned with butter or cream, makes a very palatable food.

ASPARAGUS AND GREEN PEAS.

Asparagus and Green Peas make a fine food when prepared as follows: Cut asparagus in

pieces about one-fourth of an inch in length, and hull peas and either cook separately, or mixed together, in a small amount of water under cover for about twenty minutes, and season with butter or fresh cream. Don't pour off water they are cooked in, as it contains most of the food values.

COOKING VEGETABLES.

In cooking all vegetables, cook in a closed vessel that will condense as near all of the steam as possible, and never pour off any of the water, as it contains a large amount of the most valuable part of the things cooked. Roast all vegetables that can be prepared in this way, as you are sure to have the best result from this. A part of the vitamins are quite likely retained in some of the articles prepared by roasting.

VEGETABLES TO BE USED RAW.

Carrots, Cabbage, Celery, Lettuce, Green Onions, Radishes, Turnips, Parsley and a few other vegetables should be eaten raw. By using them raw, you get the perfect cells and all of the vitamins.

VEGETABLES TO BE COOKED.

Asparagus, Beets, Old Onions, Green Corn, Beans, Peas, Rutabagas, Parsnips, Vegetable Oysters and some others.

HAVE ALL VEGETABLES FRESH.

Be sure and have all the vegetables you use, either raw or cooked, fresh, as they are not healthful if partly decayed. As far as practicable, grow them yourself, and use them as much as possible while strictly fresh.

FRUITS.

Among the best fruits are, Apples, Cranberries, Dates, Figs, Grapes, Lemons, Oranges, Pineapples, Peaches, Pears, Plums, Raspberries, Strawberries, Bananas, Blackberries, Cherries, Tomatoes and Gooseberries. As all of these fruits have the vitamins which would be lost by cooking, they should all be used raw. Even drying them causes the loss of the vitamins.

NUTS.

Eatable nuts are very rich in all kinds of nutriment and all should be eaten raw. Roasting any of them destroys both fine flavors and vitamins.

The principal eatable nuts are: Almonds, Brazil-nuts, Butternuts, Chestnuts, Cocoanuts, Filberts, Hickory-nuts, Peanuts, Pecans, Walnuts, Hazelnuts, Beechnuts and some others. As they are the richest known foods, care must be exercised that we do not eat too much. Half a dozen large English walnuts are enough to eat at one time. Two ounces of nut kernels at one

time is a big feed. They should be thoroughly masticated and used with other foods, not so rich, at meals.

CAUTION IN EATING.

After selecting the best possible combinations of foods for a meal, be sure you are really hungry before you begin eating. If not genuinely hungry, your best foods will not give satisfactory results. Then, if hungry, eat very slowly and thoroughly chew and insalivate everything you eat. Doing this is easy in eating dry foods. But if you have moist and mushy foods, be sure and chew them just as long as you do the dry foods. If you eat soup, use a small teaspoon, and work each spoonfull about in your mouth before swallowing it, as it must be insalivated in order to be in good shape for being digested.

Most all grown-up people eat too much, and to avoid this, many are now doing without breakfast. But where people are taking a lot of exercise, if one is really hungry in the morning, it is just as well to eat a light breakfast. But never eat unless really hungry. If you have taken breakfast and are not hungry at noon, do not eat dinner but pass it by, and you will then quite likely be hungry for supper. But on account of health, if not hungry at

supper, also pass it by. Many persons always eat at meal time whether they are hungry or not. But this is a very bad thing to do and is the cause of much sickness.

You should confine your diet to a few harmonious articles of food. If you have the best foods, you will have the very plainest and commonest. If you will eat very slowly and thoroughly chew every mouthful of this food, ordinarily you will have no appetite for more when you have taken enough. But if you still eat too much, measure your food and eat no more than you have estimated, which should not exceed one pint of solid food and not above same amount of liquid foods taken at the same meal. If you find this is too much, then reduce the amount below this until by experiment you can get about the right amount. Remember it is always safer, and you will always feel better on account of having eaten less, rather than more than you need. A very slight variation either way is not, with a person in good health, a serious matter.

Of course avoid all drinks except milk, pure water and unfermented pure fruit juices of those fruits that are capable of yielding palatable juices. No preserved fruit juices are healthful, as the very fact that they can be kept, is evidence

that they have been in some way changed from their natural condition. It is therefore necessary to make your own fruit juices if you want them healthful.

HEALTHFUL COMBINATIONS OF FOOD.

The less complex the combinations of food are the better. Any food that contains all the elements of the body and yet is a simple, plain, natural substance, taken alone, is the most effectively digested. Milk is the best example and this can be taken alone. While eggs contain all of the elements of the body they are in too concentrated a form to be effectively digested and it is therefore better to eat them in combination with bread, or other harmonizing foods, as cooked vegetables, potatoes, beans, asparagus and grains as whole wheat flour. The menus we give are to illustrate the combinations of foods that can safely be taken at one meal. Unrefined sugars—brown sugars—should be used instead of refined. Maple sugar and syrup, both made from the sap of the maple tree, are excellent as well as honey. Some vegetables are best in their raw or uncooked state, as cabbage, carrots, celery, lettuce, radishes, onions, parsley and turnips. Beets, beans, parsnips, potatoes, as-

paragus and many other kinds of vegetables, are only eatable when properly cooked. Most all fruits are most healthful when eaten raw. Perfectly ripe tomatoes are best eaten raw, but can only be preserved by canning, which requires partial cooking. Raw tomatoes and carrots both contain all three classes of vitamins in their uncooked state, and therefore as largely as possible should be eaten raw. Canned vegetables and fruits retain a part of their vitamins if not kept too long before using, and should be used within one year after being canned. All canned goods should be kept in storage at low temperatures but should not be frozen. A temperature of from 35 to 40 degrees Fahrenheit is the best in which to preserve canned goods, and the storage rooms should be kept free from moisture.

BEST MENUS.

We here give our best menus in the order of their value as to health producing results as we have used them.

MENU NO. 1.

Pure fresh milk—the newer and fresher the better—to be sipped slowly and the taking to be completed at least ten minutes before any other food or drink is taken.

Whole-wheat bread—or gems—made from fresh ground new whole-wheat flour—with fresh sweet cream, and fresh raw eggs to be slowly and thoroughly chewed and the three substances mixed together as they are eaten. Not over one-fourth pint of pure water to be taken at the conclusion of this meal.

MENU NO. 2.

Hot baked potatoes, white or sweet, skin to be washed and scraped clean before baking, to be covered with raw fresh eggs and a small amount of fresh cream, outside of potatoes to be eaten as well as other part, to be chewed very slowly and thoroughly into a liquid condition.

Stewed Lima beans seasoned with fresh cream, to be eaten slowly.

Toasted whole-wheat bread, spread with fresh cream and honey, to be eaten slowly. Chew into a liquid. One-fourth pint of water sipped at close of meal.

MENU NO. 3.

Soup made from finely chopped white potatoes, celery and onions, boiled soft—water retained on them that they are boiled in—seasoned with plenty of fresh cream and milk, mixed with raw eggs, to be eaten very slowly.

Fresh green—or wax—beans cooked in pods,

seasoned with fresh cream, milk and whole-wheat flour.

Whole-wheat flour gems—or bread—fresh butter and sugared maple syrup.

MENU NO. 4.

Clean new whole wheat, ground in hand mill—or other device for grinding—to be eaten dry and after each mouthful has been chewed to a liquid and swallowed, a sip of sweet milk is to be taken, so as to thoroughly insalivate both ground wheat and milk.

Toasted whole-wheat bread and cream—genuine butter can be substituted for cream—with celery, cut cross the fibres in slices not above one-fourth of an inch in thickness. If you do not have celery, substitute cabbage cut up in fine pieces, all of this to be chewed into a liquid before swallowing. Use the celery, cabbage or lettuce raw and without any dressing of any kind. At end of meal sip small glass of pure water.

MENU NO. 5.

Raw rolled oats—oat-meal—mix with it raw whole-wheat flour, freshly ground from whole-wheat having the germ in it, and maple sugar or fresh comb honey. Chew to a liquid before swallowing.

Whole-wheat bread and dairy—or creamery—butter and small pieces of full cream cheese.

Lettuce—or green fresh onions—both to be eaten raw and to be cut in small pieces cross the fibres.

Fresh milk to be taken in small quantities at intervals while eating. All foods to be chewed to a liquid before swallowing. When you take milk, take a sip and hold in the mouth till saturated with saliva before swallowing. One-half of the process of digestion is performed in the mouth when food is properly masticated and insalivated.

MENU NO. 6.

Sweet-corn, cut from cob and cooked for ten to fifteen minutes in as small amount of water as possible—do not pour off water as that has in it most of nutriment—season with milk and cream. This corn must be well chewed to get a perfect digestion of it. Whole-wheat bread and genuine fresh butter. Fresh milk. Raw celery, cabbage, onions, or lettuce. All to be well chewed.

MENU NO. 7.

String beans—fresh from vines—cut or broken in small pieces, boiled for about one-half hour with water necessary for cooking them—no water to be poured off as it contains the bulk of the nutriment—seasoned with cream and whole-wheat flour. Whole-wheat bread and good dairy—or creamery butter.

Figs, dates, raisins or peaches. Cabbage, celery or lettuce. Chew all of this food to a liquid before swallowing. Use not above one glass of water with this meal.

MENU NO. 8.

Asparagus, cut cross fibre in slices not above one-fourth of an inch thru, cook about twenty minutes, season with dairy butter and cream in water it is boiled in.

Lima beans—cooked for one-half hour slowly—letting water boil down before seasoning with cream and butter.

Raw lettuce, onions, celery or cabbage, cut finely and dressed with lemon juice and maple sugar.

Whole-wheat bread with good fresh butter. One glass pure fresh water.

MENU NO. 9.

Green peas—cook from fifteen to twenty minutes—do not pour off water as it contains most of the nutriment—season with cream and good butter.

Beets—cook about one hour and serve without seasoning. About two inches of beet stems should be left on beets and water they are cooked in allowed to evaporate before removing them from kettle.

Fresh strawberries, raspberries, or other fruits to be eaten raw.

Whole-wheat bread with good butter and cream cheese. One glass of water.

MENU NO. 10

Navy beans, cooked from four to five hours, evaporating all water when soft, seasoned with butter.

Sweet-potatoes, long narrow—or larger ones cut in long pieces about one inch in thickness—baked about one hour, or till soft. Good butter.

Whole-wheat bread. Raw celery, cabbage or fresh fruits. Peanuts, or other nuts. Pure water. If no fruits are eaten, milk can be used with this meal.

FRUIT MEALS.

In making a meal on fruit it is always best to use at each meal only a single kind. Let it either be apples, peaches, pears, grapes, plums, tomatoes, oranges, water-melons, musk-melons and so on. Mixing different kinds is not so good. Digestion is more perfect when only one kind is used. You can make a meal on figs, dates, dried peaches and so on. After about

three hours have elapsed you can then, if hungry, eat one of the other meals. Do not use milk and fruit—or fruit juices—at the same meal. This will be an inharmonious combination and will usually disorder your stomach. So avoid it. When milk is not used at an ordinary meal, and no food containing any considerable amount of milk, a small amount of sweetish fruit may be eaten at the close, but it is a better practice to wait three to four hours before eating such fruit, after an ordinary meal and make the next meal an exclusive fruit meal.

All fruits containing acids—and about all do—should be eaten as a fruit meal, and never when the regular meal is eaten. When thus eaten, they furnish considerable nourishment and produce a cleansing effect. After a meal of fruit, no other food should be taken until this fruit has been digested, which in a person in vigorous health will be about two to three hours. Fruit as well as raw vegetables should be very slowly eaten and masticated thoroughly. Nuts can be eaten with both vegetables and fruits.

HOW TO COOK.

In cooking vegetables—or anything else—the water they are boiled in should be left with them and evaporated where the vegetables are to be served in a dry condition. In boiling much of the most valuable food substances are extracted and are in the water and all this is lost if the water is drained off. The same can also be said of fruits in cooking them. For this reason baked fruits are always more agreeable to the taste than stewed fruits. In most all vegetables and fruits, the most nutritious part is next to the skin and for this reason in preparing for cooking or roasting, wash clean and remove the rough and hard substances and spray poisons, leaving all of the substances of the skin not too rough. The best way of preparing potatoes—both white and sweet—is to wash clean without peeling and then roast them till done—soft—in an oven. Prepared in this way they retain all their nutritious substances and are most palatable. Corn should be cut from the ears in thin slices so that all grains are at least cut once through the middle and the eye—or germ part—should be scraped out from the cob as this is always the most nutritious part of the grain. Beans in the pods should be broken

or cut in small pieces so that they can be easily and quickly cooked. Asparagus is to be cut across grain in lengths not above one-fourth of an inch. Boiling destroys about all of the vitamins in foods but baking leaves a part of the vitamins in the food if it can be eaten before it cools more than is necessary for eating. So bake or roast all foods that can be prepared in this way. In boiling, use no more water than is necessary to keep food from being burnt and keep vessel in which cooking is done well covered so as to condense and turn back—as near as possible—all steam into the cooking food.

VITAMINES AND LIVE CELLS.

Vitamines are volatile substances, found in fresh drawn milk before the animal heat of the cow, goat—or other animal—from which it is taken is lost, raw fresh eggs, the germs and coverings of the cereal grains, most all vegetables that grow above ground, as cabbage, lettuce, green onions, celery, about all fresh fruits as apples, peaches, pears, tomatoes, grapes, raspberries and in less amount in most all vegetables grown in the ground as onions, beets, parsnips, carrots, potatoes and the like. We have not named all the articles containing these vitamins

but think we have named the most important. Oranges and other tropical fruits also contain them—which includes the lemon.

To get the full benefit of these vitamins as well as of the perfect live cells as Nature—God—has prepared them for building perfect and healthful tissues and bodies, these foods must be eaten fresh and uncooked as cooking destroys both the vitamins and the perfect cells. So eat raw fresh vegetables and raw ripe fruits as much as possible. Even drying the vegetables or fruits as well as cooking them, destroys about all of the vitamins. To be sure you get plenty of these cells and vitamins, eat all of your foods raw that you can and only cook such articles as you cannot very well eat raw. Heat applied in baking and roasting, leaves much more of the vitamins than boiling. Boiling destroys about all and should only be employed in cases as of dried beans when the cooking cannot be done in any other way.

Have your own cow—or goats—and use the milk while warm and you will get the perfect live cells and vitamins in this way. Eat your eggs raw and get the perfect cells and vitamins in them. Grind your wheat in your own hand mill and eat this whole-wheat flour raw while it is fresh and contains the perfectly live cells and

vitamines. Eat your rolled oats—oat-meal—raw and to make it more agreeable add some of the fresh ground whole-wheat to it and some honey or sugar.

FRUITS SHOULD BE RIPE.

All fruits should be fully ripe before being taken from their trees, bushes or vines as all contain more or less unhealthful ingredients in them before this condition exists. Fruit that is picked green, and allowed to ripen afterwards, is unhealthful and laws should be enacted to prevent the sale of such fruit. If we had complete government ownership of transportation and food distribution, this could be avoided. As it is, speculators buy immature fruit and keep it for weeks in some instances, and then put it on sale when it is full of poison and entirely unfit for food. If transportation could be made within twenty-four hours from picking, to consumer, all of the most perishable fruits could be delivered in a perfectly fresh and wholesome condition. Many persons who now buy this poisonous fruit, do not know what the real ripe and perfect fruit tastes like. The perfectly ripe

fruit is so delicious that it literally melts in the mouth, has a richness and sweetness that can only be recalled by those who have gathered these fruits when fully and perfectly ripe. As an illustration, strawberries and cherries, which, as sold in the markets, are both sour and bitter, when perfectly ripe, have a rich sweet taste, uncooked, and in their natural condition. Spray poisons should be washed off of all fruits, as now sold, before using them.

HEALTH SUGGESTIONS.

The stomach secretes a special gastric juice—digestive fluid—for each kind of food, as one for milk and cereals, one for acid fruits and others for other foods. Hence the importance of simplicity in menus. The best and most desirable digestion is secured by using only those foods at any meal that require the same kind of solvents—digestive fluids.

Instead of refined sugar, use unrefined—brown sugar—or honey, maple sugar, maple syrup, sweet fruits, as muscatel raisins, dates, figs and other sweet fruits. Nature always makes the best foods, and man, for commercial

purposes, changes them and makes them unhealthful.

Common salt—Chloride of Sodium—is properly prepared in all fruits, grains, vegetables, milk, butter, cheese and eggs for nourishing the body and should not be put on any of our articles of diet, as in its mineral state it is a poison, and will aid in producing disease. Also avoid using pepper, or other spices, as all are poisons and create inflammations of various kinds in the body. Do not use vinegar as it is also a poison, but for dressing, use lemon juice.

Slight changes in diet at intervals are found to be beneficial. We have provided for this in our menus. But other articles from our approved list of foods can be substituted in some cases, and added to some of them in other instances, provided acid fruits and milk do not be made to occur in the changed menus. Our menus always provide for all the elements necessary for a perfect diet.

All foods—as far as practicable—are to be eaten raw, as this kind of diet contains the live cells and vitamins which are necessary to form a perfect body, and maintain it in the best possible state of health. A large part of all our foods should be eaten raw for this reason, and

because cooking in many cases makes them more difficult to digest.

No more water should be used in cooking than can be served with the food, as most of the nutritive substances are always to be found in the waters the foods are cooked in.

AMOUNT OF FOOD.

Amount of food and drink taken at one meal should not exceed one quart in all, and for persons who take a very small amount of exercise, a much less amount should be taken.

TIME TO EAT.

The time to eat is when you have a natural appetite for plain nutritious and healthful food. If not hungry at meal time, do not eat, but fast till the next meal, and if still not hungry, continue the fast till you have the appetite that you know is necessary to enable you to relish and enjoy the plain and healthful foods which you are to use. All persons who are actively engaged in vigorous physical work for from eight to ten hours each day, should usually eat three

times each day. Those who do not take so much exercise often can keep in health better by eating only two meals each day. As children do not eat much at one time, they may, besides the three meals, be benefited by an additional light lunch. A few sedentary persons find one meal a day sufficient.

WAY TO EAT.

The right way to eat is to sip slowly all drinks, and chew all solid foods to a liquid before swallowing them. About one hour should be taken for each of the regular meals. By eating slowly, you are less liable to eat too much, and are sure to eat enough.

COFFEE, TEA AND OTHER DRINKS.

Coffee, tea, chocolate, cocoa and other drinks must not be used during the meal, as the solvent of the foods taken must be the saliva in order that perfect digestion may be secured. All foods, as far as possible, should be so dry that they can be thoroughly mixed with saliva during mastication, and therefore, when you use

milk at a meal, take a sip occasionally as you proceed with the chewing and insalivating of the dry foods, as whole-wheat bread, oatmeal, whole or ground wheat, corn-bread, rye-bread, or other dry breads or bran-bread. All foods should be thoroughly chewed, even the mushy foods as custards and all pies. For this reason no drinks should be taken with meals—except milk—and this should be taken in small quantities after the other foods are chewed to a liquid consistency. Nothing should be swallowed that is not chewed till it can very easily be swallowed. Milk, soups and fruit juices, should be taken in small quantities at a time and held in the mouth till well mixed with saliva. Coffee contains two poisons—tannic acid and caffeine. Tea also contains two poisons—tannic acid and thein. Because of these poisons, both temporarily stimulate by requiring the increased action of the heart to eliminate these poisons. This tonic effect, like all other tonic effects, produced by poison medicines, is always followed by depression, so that the last condition is worse than the one before taking. This toning up temporarily, will eventually wear out the heart and eliminating organs. So we advise that you get your tonic from the pure foods that will not wear out any part of the body.

When consuming the right amount of the right kind of food in the right way at the right time, you are always adding strength to your heart and other organs. Chocolate contains too much mineral ash and besides adding these undesirable elements, has other objectionable substances in it, else it would not be a tonic. Cocoa is objectionable for the same reasons as given for chocolate. If you need a warm drink and can not drink warm milk, then drink quite warm water. You can season it with cream and honey and this will not unnaturally stimulate you so as to be followed by reaction. Fruit juices should never be taken with a meal at which milk is taken. Fruit juice can be taken with any of the other foods, if no milk is taken, and as a substitute for milk. If you use soup containing a considerable amount of milk, leave out the fruit juices during such meal. All fruit juices and fruits should be omitted from meals containing milk or any foods containing large amounts of milk, as these combinations will not harmonize. Milk and fruits and fruit juices will form gases in the stomach and bloat you, and this combination is very bad for digestion. So to recapitulate, use no drinks except pure water, taken cold—not colder than 50 degrees Fahrenheit—or warm—not above 105 degrees Fahren-

heit—and this can be taken with any kind of food. Milk can be drank if no acids, fruits or fruit juices are taken. Fruit juices can be taken if no milk or foods containing large amounts of milk are used at the meal. Of course hard cider or other fermented fruit juices should not be taken. Nothing containing alcohol is to be taken at any time. Remember all stimulants are poisons, and it is the effort of the heart to eliminate the poisons that stimulates. All such extra heart action is followed by depression.

WHEAT, THE FOOD OF THE GODS.

Wheat, in ancient times, called ambrosia, was the food of the gods, according to ancient wisdom history. It is claimed in this history that it was carried by them to this earth from the planets they migrated from when they came here to stock the earth with human beings. Wheat is about the only food known to contain all the necessary elements of the human body in about the right proportions. A legend says that the strongest man in all India, used no other food, but used daily only one hand-full of wheat which he ate in its raw and unground condition. The author of this book has ground whole wheat, as it comes from the farm, germ, bran and all parts,

and lived largely upon it for considerable periods with the best known results. There is no question about it being the best possible known food, when ground freshly each day—as it should be—and eaten raw. In this way you get the live cells and vitamins as Nature—God—has prepared them for building a perfect body.

FLESH MEATS.

All flesh meats are largely poisons and dangerous substances for use as foods. This term comprehends all forms of meats, fish, oysters, lobsters and in short all animal foods except eggs, milk, butter and cheese. Whenever we eat meats, we make cannibals of ourselves and put ourselves in the class with hyenas, buzzards and that class of animals. Meat eaters are short lived and subject to many kinds of blood diseases, such as rheumatism, gout, scrofula, cancer and numerous other diseases. It is not a natural food and all children have to be taught to eat it.

TOBACCOISM.

Tobacco is a habit forming drug that produces tobaccoism. The continued use of tobac-

co produces a weakening of the heart that is, in many cases, difficult to cure and in many cases is never cured. For this reason all forms of tobacco should be avoided. If the tobacco trust would post up signs with their advertising signs, explaining how dangerous it is to use the deadly poison, we are sure it would be a benefit to the numerous unsuspecting victims. When other poisons are sold, labels are usually attached to the packages cautioning in the use of the article. Our advise to all persons who use it, is to at once discontinue it and avoid tobaccoism, a dangerous heart disease, as well as tobacco cancer.

ALCOHOLISM.

Alcoholism is produced by the excessive use of alcohol. As this poison is now dispensed with in the United States of America by an amendment to the constitution, it is not necessary to say so very much about it. But for the benefit of people of other countries, we will advise that all at once discontinue the use of it, and avoid the dangers of *Alcoholism*. Like tobacco, alcohol is a good germicide for the reason that it is a poison that destroys life.

CONSTIPATION, HOW RELIEVED.

To relieve constipation, drink slowly a glass or two of pure warm water on arising in the morning in cold weather, and cool water—not cold—in warm weather. If preferred, eat some juicy sweetish fruit as apples, grapes, melons, oranges, pears or grape-fruit, instead of taking the water. Then abstain from eating till the bowels move. These are natural methods of overcoming constipation. To assist the foregoing remedies in acting, take a walk of from one to two miles, suggesting at starting out for the walk that your bowels will be sure to move on your return to your home, or the place where you are staying. Also occupy the Z position when moving bowels. This prescription is sure to overcome constipation if energetically followed, and you eat such foods as we have indicated in our menus, and take the exercises we have also directed. If constipation is obstinate, abstain from eating and drinking—except pure water—for from one to two days, and you then surely will have a motion of the bowels after eating a light meal of bran-bread with some butter and figs. As a last resort, an enema may be necessary. For the enema, use warmish water.

Above all things, live right—as we direct elsewhere in this book—and avoid all medicines, so that you can effect a permanent cure. Use about two tablespoons of raw—uncooked—wheat bran at each meal, mixing it with your cereals.

SLEEP.

Sleep is a very important part of a health program. One should go to bed as early as nine o'clock p. m. and at all events should be in bed by eleven p. m. Of course different seasons and different avocations will make some difference in time of retiring. Every one in good health ought to have from 8 to 10 hours sleep each day of twenty-four hours. To start the days work in the best possible condition, one should get up of his—or her—own accord without using an alarm clock or being called. When all the necessary sleep is had, one will wake up and feel fine, and will get up without any effort and will find the doing, of whatever is to be done, a pleasure. If one is in good health and is living right, the sleep will be sound and refreshing, and usually eight hours will be all that is needed. Each individual should have a bed all to himself, so he can change his position any time without being in danger of injuring some other person in

the same bed. Besides sleeping alone always rests one much better than sleeping with someone else. A good bath before retiring will usually help in promoting sound sleep. If sleep is sound and deep, the vitality is more rapidly regained, than if it is light and with frequent spells of wakefulness. So use all natural means to secure the deep sound sleep that makes a new person of you over night. Unless unusual conditions require it, always be in bed at least as early as 10 p. m. Sleep as much as possible on your right side during the first few hours and after that on left side, back or belly at different times so as to—by various positions—aid the movement of the contents of the bowels. When you retire you may have a part of the last meal taken in your stomach and by lying on your right side till this food is out of it you mechanically help the stomach to get rid of this feed. Taking the different positions rests the muscles and nerves evenly. In hot weather, use no cover, and at no season more than is necessary to keep you comfortable. If you can accustom yourself to sleeping without night clothing, so much the better, as then more air will reach the skin and you will be better vitalized by your sleep.

EXERCISE AND WORK.

Muscular exercise and muscular work are about the same in effect in the development of the body and in maintaining it in perfect health, both of which they effect. But if the work is such that the muscles are only in a small way exercised, it is then necessary to take what is called exercise. As an illustration, the lady book-keeper only uses her muscles very lightly in her work and therefore she should take long walks, run races, or in some other way each day, before and after working hours, give her muscles a few hours vigorous exercise. Riding about in an auto or carriage is not good exercise, but entering into all those games that require vigorous and quick use of all of the muscles is the best. All persons whose work is insufficient to vigorously exercise all the muscles, should each day take, both in the morning and evening, about two hours vigorous exercise to build up and keep the body in good health and strength. Long walks at a rapid pace are excellent. But while this might be sufficient in the morning, besides this, we like the active games in the evening after working hours, and especially such as engage the entire company in active motions, such as catching each other as in the old-fashioned games of

Blackman, Base, Pullaway, Dancing the Quadrille, and all such games, in which both men and women, as well as boys and girls, can take active parts. All these games always furnish much merriment as well as ideal exercise. The beauty of these games, is they can all be gone through with, out in the pure fresh air and engage all of the participants and give them the highest class of exercise possible. The merriment and laughter take the mind away from all troubles and cares and produce a sort of ecstasy that has untold benefits in it. We advise all persons to get into all such games, for about two hours each evening, in all places where the day's work does not vigorously exercise all parts of the body. Under our theory and practice, we make no distinction in age, but consider those the youngest that can outdo all the others in activity. Some of these may be in years from 100 young up to 500 or 1000, or old from 60 down to 20 or 10 years. Remember, that if the right life is lived, the more years we have traveled about the sun, the more beautiful, the stronger and more active we become, under the latest discovery in physical and mental culture. The longer we live the better we become, and thus becoming more efficient in all things, the more we can do and the happier we can be. We maintain our youth and

increase it by this activity in both physical and mental exercise. That the vocal organs may be exercised in the proceeding, the singing of old and new cheerful songs should be added to these exercises, or the songs may be sung in a convenient hall, or large room, at the close of the outdoor exercises. It will even help the carpenter and farm laborer to take part in these exercises. If their muscles are numb from fixed and set motions, this will liven them up and put them in fine shape for a good night's sleep. Most all persons lack this exercise and should engage in it.

Exercises in a gymnasium are good where those kinds are taken that do not cause sore muscles. Running, where it can be taken in a moderate way, or in short runs, as in playing ball, is excellent exercise to put the entire body in good shape, but long races in competition for prizes, or as feats of endurance, are too violent to be highly beneficial. If running could be so engaged in as to not become too violent, it has no equal as a good form of exercise. Raising and lowering the body by placing two chairs with suitable backs near each other, and then placing a hand on each chair back and elevating the body between them, is fine exercise for the arms and upper part of the body, and this con-

venience can be had most anywhere. This develops the arm and shoulder muscles as well as the muscles supporting the spinal column. Swinging dumb-bells, or indian clubs, is also good exercise, but unless taken in connection with other forms of exercise, does not furnish sufficient exercise to develop a complete and strong body. Each person must largely on his, or her, own account study out such forms of exercise as they can take under the circumstances surrounding them. One important thing to be observed, is not to exercise so as to strain any of the muscles, nor to such a degree of violence as to produce exhaustion. If good judgment is exercised, there will be no trouble on this account.

Besides exercising in the various ways suggested, you can reach several muscles by walking on all fours, making your legs the hind legs of any four-legged animal and your arms and hands your front legs. Then walk all about your room every morning on arising, and before dressing, and again before going to bed at night as well as on any other occasions suitable. In this way make an elephant, horse or camel of yourself, and have one or two small children get on your back and ride. Their additional weight will help to strengthen the various muscles in

your body, and by holding your head down lower than your back, you will flush your face and head muscles, as well as the skin of your face and head, helping to improve the beauty of your face and hair. To do this, from ten to fifteen minutes four or five times each day, will in a few months wonderfully improve your appearance, and add greatly to your health and strength. The evolutionists claim we are descended from frogs, monkeys and similar animals, and as our remote ancestors walked most of the time on all four legs, it seems to do us good to imitate them part of the time. The writer now recalls one of his father's neighbors that would get down in this way and have a full-grown man stand on his back, and who at the age of about 100 was still living in good health. This position has several good features, as it exercises the arm, shoulder and side muscles as no other form of exercise can, and by the action of gravitation, brings extra blood into all of these parts. At first it may not feel very agreeable, but after a few systematic efforts, the ancestral habit is renewed, and it is quite agreeable to you. This also exercises the toes, legs and abdomen in fine shape. So try it out.

RECREATION.

Recreation is some times a light form of exercise, but usually the word has reference to attending a lecture, theatre, show, ball game, or other game or entertainment, or it may consist in visiting friends, or taking a walk. Recreation always proves most beneficial when you have an agreeable companion as your wife, husband, best lady or gentleman friend, your children, or good companions of some kind with you, with whom you can visit and share the pleasures. When circumstances will permit, you should attend to this recreation—as well as other parts of a health program—and always select what your company enjoys most, and do your best to make your companions as happy as possible, as this will give you the most enjoyment and thus create you over in the best possible manner.

During these recreation periods—if you have worries, lock them up in your office, or the least frequented room in your house—so they will not interfere with the enjoyment you must have to make you over into a new man, or new woman. This recreation can follow your period of exercise in the evening in many instances. Roller skating in the warm season, and either roller or ice skating in the cold season, are both good

recreation and exercise together. If you have a garden on your premises, working in it is also a good recreation. It brings you in contact with vegetables, flowers and fruits and will often remove the worry from your mind.

EDUCATION.

Education means a leading out. When a person is rightly educated, his body and mind are developed naturally as an oak tree is developed from an acorn. Mental education consists—not so much in storing the mind with a large number of unimportant things—as in training the mind for rapid and ready acquisition of necessary knowledge at such times as this may become necessary. Besides a good knowledge of general principles, we need only a knowledge of the practical things that we can use in our right living.

A right education consists, mainly, in the formation of right habits of both body and mind. Right education is the natural and harmonious development of both body and mind. Every organ of the body and every faculty of the mind should be completely and perfectly developed. Right education teaches us that we can secure

our own highest happiness, only, by promoting the highest happiness of all others. The object of education is to procure the highest happiness of the individual by promoting the highest happiness of the community.

All persons—both children and grown up people—should be educated and so trained that each will lead and live the perfect life as laid down in this book, in order that each may become perfectly happy at all times, and of course, be best prepared to aid in bringing about a condition of perfection of all things surrounding everybody.

WHAT TO READ.

We should read only the smallest amount of newspaper items and other matter necessary to keep us moderately informed. All reading—above what is really necessary—is depressing and tends to weaken our eyes and nervous system. Any fiction read should be of strictly philosophical or historical kind. Indiscriminate reading of fiction and ordinary matter creates a confusion of ideas that we should have in our minds. All our ideas—mental pictures—should be such as we ought to have to elevate us. Too

much reading of the wrong kind of fiction has in many instances so weakened the mind as to cause insanity. So beware of this danger. The mind should be in possession of established facts, scientific knowledge, and the rules or laws for correct living and thinking. Study Geology, Astronomy, Chemistry, Natural Philosophy, Mental Philosophy, Arithmetic, Algebra, Geometry, Anatomy, Physiology, Hygiene and other necessary subjects, including History. The study of these things strengthens and improves the mind, and elevates us and makes us better. We ought to have laws passed and rigidly enforced to keep from being published, all fiction not historical or strictly philosophical. Also no letter smaller than ten point should be allowed to be used in printing. All ornamental letters that are difficult for ordinary persons to read, should be prohibited. Each language should have a letter for each elementary sound, and under the World Government, all sounds that are the same should be represented throughout the world by the same letter. This would rapidly lead to a world language.

HEIGHT AND WEIGHT.

MEASUREMENTS OF IDEAL MEN

Height Feet Inches		Weight Pounds	Chest, Inches
5	0	105-110	32-33
5	1	110-115	33-34
5	2	115-120	34-35
5	3	120-125	35-36
5	4	125-130	36-37
5	5	130-135	37-38
5	6	135-142	38-39
5	7	145-152	39-40
5	8	155-160	40-41
5	9	165-170	41-42
5	10	170-175	42-43
5	11	175-185	43-44
6	0	185-200	44-45

MEASUREMENTS OF IDEAL WOMEN

Height Feet Inches		Weight, Pounds	Chest Inches
5	0	102	27
5	1	108	27½
5	2	114	28
5	3	120	28½
5	4	126	29½
5	5	133	30½
5	6	142	31½
5	7	157	32½
5	8	167	33½
5	9	170	35
5	10	175	37
5	11	185	39
6	0	195	43

There will be some slight variations in different persons, owing to inherited proportions, and still the individual will be a finely proportioned and beautiful person. But above table will be very convenient in comparing and determining about the right proportions for ideal health.

SUN-LIGHT.

Sun-light has a wonderfully enlivening effect upon the healthful growth of both vegetation and animals, and seems to even furnish material elements to them that cannot be furnished in any other way. Shut out the sun-light from vegetation and it soon loses its color and vigor, and after a short period dies. Place a healthy, vigorous person in a dark room for a few years and he becomes pale and anemic and feeble. Both the vegetation and the person may have all other things necessary to keep them in health and vigor, but if continually deprived of the life-giving rays of the sun, will grow feeble and be short lived. Knowing this, get out into the bright sun-light for at least a few hours each day. By saying this, we do not advise another extreme—which is to remain for long periods in a mid-day hot sun—as this extreme is almost as bad as

complete deprivation of the sun-light. But bask in the sun only when the warmth is agreeable. Take your out-door exercise in the sun, early and late in the day in the hot season, and in the middle of the day in the cold season. If the out-door air is intensely cold in the winter, leave the sun-light shine in your room through the windows. But a rapid walk for an hour or more in a cold dry air, is very invigorating and—so long as the person is perfectly comfortable—benefits are derived from such walk. Do not continue such walk if you begin to feel uncomfortable.

Use good judgment about this life-giving sun-shine. Remember that because an article of food is very good, you are not to eat more of it than you can thoroughly digest and assimilate. It is the same with sun-light. But when it is not too hot or too cold, take as much exercise as possible in the life-giving sun-light. Remember that wherever a tree shades any part of your garden that there vegetation grows feebly. Take off your hat, bonnet or cap often and allow the sun to shine directly on your head, and your hair will grow more vigorously. If all persons went bareheaded—few would have bald heads or gray hairs—if they lived perfect lives in other respects.

WEATHER CONDITIONS.

Weather conditions are to be considered when arranging for out-door exercise. Avoid vigorous exercise when warm humid air is the only air you breathe, as the less of such air you breathe the better—provided you get enough to keep you living. Animals—other than mankind—in such weather, usually rest till better air is to be had. We should do the same.

Do not exercise for any long period in an extremely cold air, one much below zero, Fahrenheit. Also avoid much exercise in a temperature above 88 degrees in the shade. During the extreme summer heat, work should be done between daybreak and nine in the morning, and after five in the evening. Do not go to either extreme in exposing yourself to temperatures. The best temperatures—when exercise is to be taken or work is to be done—are those ranging from 88 degrees to zero. Sleeping rooms should be well ventilated in cold weather as well as in warm weather. If the sleeping room is a tight one that air cannot enter, at least one window should be raised half an inch or more in the coldest weather. The door—or a transom above it—should also be open.

RETIRING FROM BUSINESS.

Persons who have spent from twenty to fifty years at any one kind of business, must be very careful how they live when they retire from any kind of active business, whether it be such as required great mental or physical activity, or both, as accustoming themselves to such changes after they have become used to certain forms of activity—either of mind or body, or both—is a difficult thing to do satisfactorily. The farmer who for all of his life has been used to much activity—bodily exercise—in order to retain his health, must continue to take about the same amount of exercise in some way that he has fixed as a habit. If he fails to take this exercise and sits about and lies down a good deal of the time, he is sure to become diseased as all experience shows. If he moves to town, he should—at least—have a good sized garden to spade and plant and keep in order and a cow and some chickens besides to look after. And when this does not give him enough exercise he should take long walks, run at moderate rates for considerable distances at stated times each day, perform on backs of chairs as parallel bars, walk on all fours as well as on his hands—if he can do this—and go to shows and lectures and—

except while sleeping at night—from eight to ten hours—should all of the rest of his time be actively engaged in some work that he likes to do. He should also avoid eating any flesh meats and use milk, eggs, cheese and butter in moderation and live mostly on vegetable foods, such as our menus suggest. If he will do all this, he can build up a splendid condition of health. We do not mean he cannot take time to read his daily papers and spend as much as three to four hours each day reading and studying. After many years of this activity, he can then very gradually reduce his activity to as low as six or seven hours per day. Activity is health and life.

About the same instructions will apply to all manual workers, whether it be mechanical or common labor. Office workers will need almost as much of physical labor but ability to stand the work and exercise will have to be considered. This class can perhaps be benefitted by several hours more of reading and studying each day as they have been used for long hours to inactivity. There is nothing so good for any person—either man or woman—as a good lot of moderately active out-door work or exercise. Under *Exercise and Work* in this book we give good instructions to be followed by all persons and it will be well for you to study over the subject as given

there. But all should remember that all changes in life should be made gradually and not suddenly. In making these changes, the increased exercise—or physical work—should be so gradually brought about as to give no pain or tired feeling. Remember, activity is life, and stagnation is death. The right kind of activity will improve your condition at any age. Inactivity at any age will make you grow old, stupid, diseased and produce death.

We like the division of each day of twenty-four hours as follows: Six to eight for work and exercise, eight to ten for sleep and the balance for eating, studying, reading and recreation. Usually three hours of active work or exercise in the forenoon and the same amount in the afternoon will be sufficient to keep one in good condition.

TEETH.

The teeth should be carefully cared for. Most persons use too much polishing material on their teeth and this wears away the enamel and causes them to decay. A medium stiff tooth-brush is all that should be used on them as a rule. This should not be used oftener than about once each day, as even too much rubbing

of the enamel with a tooth-brush will wear it away. All tooth polishes and powders have more or less grit in them and frequent use, together with the friction of a stiff tooth-brush, will wear away the enamel, and when this is gone, it is not long before the more porous parts of the teeth turn black and begin to decay. In an experience of over sixty years with our teeth, we find that we have often been so busy that all we could do was to remove the particles of food that lodged between them and rinse them off with clear fresh water. During such periods, they were in almost as fine a condition as when we brushed them vigorously every day. In a healthy person, Nature—God—has so arranged the teeth that the saliva and tongue will keep them clean, and above the daily washing of them with a tooth-brush, we are now convinced that nothing further is needed. Use of tea, coffee, tobacco, strong acids, such as vinegar, pickles and like foods, as well as by sudden change of temperatures—caused by taking food or drink that is very hot or very cold—sooner or later, will injure them. Also biting hard substances as metal, rock and hard-shell nuts will injure the teeth. So our experience has taught us, that if we want to have good teeth, we must live right and use nothing in polishing them, except a

medium stiff tooth-brush, and your fingers are even safer than the brush. Chewing all of your food into a liquid and using much raw food is helpful in bringing fresh blood to them which keeps them growing.

TONGUE.

The tongue is an index as to healthful and unhealthful conditions. If the person is in good health, it is of a flesh color and free from fur, pimples and inflamed spots and streaks. It is composed of muscular fibres so arranged that it can be made into most any shape and can reach all parts of the mouth, both inside and outside. It aids in mastication of food and in swallowing either food or drink. It is an important organ of speech and in various positions enables us to produce the various necessary sounds used in speaking. It is properly exercised in the various uses for which it is adapted as in mastication of food, tasting, speaking, singing, polishing of the teeth and removing from them particles of food that at times adhere to them.

It is the organ of taste and by placing a part of any substance on it, we can at once determine the taste. Avoid eating or drinking such foods

and drinks as are disagreeable to your taste. Healthful foods and drinks should taste good when you are hungry or thirsty. Avoid this, however, as to all of those foods and drinks that you did not like the first time you tasted them. All children have to be educated to use flesh meats, coffee, tea, tobacco, alcohol and many other injurious things, so the rule is to use those things—that as a little child—you liked from the beginning without having to learn to use them.

LARYNX AND THROAT.

The larynx contains the vocal cords and is a cartilaginous tube located immediately above the tube leading into the lungs. As the vowel and the subvocal sounds are largely dependent upon the vocal cords, it is important that the larynx and throat are kept in a perfectly healthful condition. To maintain this condition of these organs, they should be regularly and systematically exercised in speaking and singing. Even ordinary talking is much better than no exercise of them. Reciting poems and other literary compositions as well as reading aloud from any book or paper will help to maintain them in good condition. All children and other

students are much benefited by public speaking and singing and should be trained in it daily. Parents should often have their children read aloud to them at home. By experience we all know how bad it makes us feel to be kept where no one engages us in conversation. We should arrange so that every day we use our vocal organs, if we wish to keep in the best possible condition of health. We may systematically exercise all other parts of our bodies daily, but if we fail to exercise our voices, the circuit has a break in it which will be felt and noticed. Therefore we say, talk, recite, sing and read aloud each day.

SALIVA.

The saliva is an alkaline liquid secreted by the salivary glands, and its use is to dissolve germs coming onto the teeth, tongue and other parts of the mouth, as well as to moisten all food during mastication, neutralize acids and convert starch into sugar, and furnish an important digestive fluid to aid in the stomach digestion. When food is thoroughly mixed with this saliva and passes into the stomach, it meets

the acid gastric juice of the stomach and an effervescence takes place which aids in a material way in promoting a perfect digestion of all foods so saturated. Hence no food is in proper shape to be well digested that is not thoroughly mixed with this saliva, and the more thorough the mixture the better, as no particle of food should go to the stomach without this preparation. Without its neutralizing effect on the gastric juice in the stomach, the food swallowed would be only a sour and poisonous mass to produce all kinds of trouble. Saliva is in health, being constantly secreted and as secreted—when food is not being taken—flows down into the stomach, and if it were not for this constant flow of the saliva, the gastric juice would throw us into a fever by causing an acid condition of the blood. Hence we should not chew gum and spit away our saliva. Neither should we chew tobacco or anything else and spit out the saliva. The deadly tobacco, if the saliva were swallowed, would soon destroy the life of the unfortunate user. If you chew gum, swallow the saliva. It is best to refrain from chewing anything except your food, and to use all of your saliva in preparing this for perfect digestion.

STOMACH.

The stomach is the receptacle for masticated—and unmasticated—food. It secretes a powerful digestive fluid of an extremely acid character, and the nitrogenous foods that saliva cannot digest, are broken up by this gastric juice and prepared for nourishing the body. The stomach also acts as a grinding machine, and by rubbing the food between its walls, mixes up the food in the stomach with the gastric juice—and other juices—so that the chemical process of digestion can take place, whereby the food is made into a liquid before it is passed into the small intestine to be treated with further chemical fluids—as the bile from the liver and the pancreatic fluid from the pancreas. The capacity of the stomach—if not unduly distended—is about one quart in a person of ordinary size and naturally developed. In those who live abstemiously, it is smaller and in the glutton it may be as large as a gallon—or even two gallon—vessel. But in a healthy person naturally and properly developed, it is in the neighborhood of one quart, that it will contain without being in danger of over distension. If food is slowly chewed and the period of about one hour—or more—is given to consuming a meal, at least

about one-third of the food ought to be at end of the meal out of the stomach, so that three pints in quantity would not distend the stomach unduly, as at no time would it contain above two pints. Our advice is to eat slowly and take plenty of time for each meal. Chew all foods to a liquid and eat liquid foods slowly with a teaspoon.

LIVER.

The liver—besides performing other work—secretes a digestive fluid, bile, which is strongly alkaline and helps to get acids out of the way if contained in the digested—and partly digested—food as it comes into the small intestine from the stomach, and in addition converts oils and fats into an emulsion to enable the lactic vessels to suck up the nutriment from the small intestine and through the thoracic duct—canal—conduct the nutriment into the venous blood where it is sent into the heart and lungs to have the finishing processes convert it into perfect blood, ready to nourish and supply all the tissues of the body with the material for their growth.

The liver also acts as a regulator of the di-

gestive processes and furnishes aid in various ways to keep up the natural and healthful action of the intestines. It is situated on the right side, immediately below the diaphragm, and is composed of four lobes, two large and two small. It weighs from four to five pounds in healthful conditions, and is brown in color. When people eat too much—or improper foods—this organ is often overworked and becomes disordered, and doctors call this disease by various names. To keep this liver of ours in a good working order, we should be very careful about our eating and also about our drinking. In most cases of liver disorder, a fast of from one to three days with no drink, except pure water in reasonable quantities will—in most cases—be all that is required, if moderate exercise is taken, to remove the trouble.

PANCREAS.

The pancreas is a gland—lying near to the stomach—which secretes the pancreatic juice. Its duct—which conducts this juice into the small intestine—enters it near to the entrance of the bile duct. Pancreatic fluid is alkaline and further aids the alkaline bile in neutralizing

the acid in the food as it reaches the small intestine from the stomach. Besides the alkaline ingredients in both the pancreatic fluid and the bile, there are also other chemical ingredients in both these substances that are beneficial in aiding the complete digestion of the food. A disordered condition—brought about by eating the wrong foods—or the right foods in the wrong combinations—or wrong quantity at the wrong time—or other conditions affecting health—no doubt—put this organ out of the natural condition. The sure and best remedy in such a condition is rest, brought about by a short fast of from one to three days.

A short fast is almost a safe remedy for most any diseased condition of the system, as it enables all the overworked organs of the body a chance to get rested up, and freed from such poisons as are put into it by trying to consume more food than is required, or improper food, or food when the system is not in condition to digest it. Digestion—to produce pure blood—must be accomplished by organs and glands in their normal condition. To secure this, short fasts are required as often as every day, by not eating before noon.

KIDNEYS.

The kidneys are located in the upper part of the abdomen near the back wall and below the diaphragm. They are connected with the arteries and veins and through them with the liver. Their use is to filter certain poisons out of the blood. Just how this is done—it seems—is not fully understood.

BLADDER.

The bladder is situated at the bottom of the abdominal cavity, midway between the right and left walls and nearer to the front than to the rear of the abdomen. It is an elastic sack, capable of being distended to a larger size as the urine accumulates in it, and its use is to store the urine as it accumulates until such times as it is convenient to void it.

A person in good health and eating from two to three meals each day, should void the urine about every three to four hours. Whenever a considerable amount has accumulated, there is danger of any sediment in it forming gravel. The bladder is so intimately connected with the

sexual organs, that any misuse of the sexual organs—as in all cases of sexual dissipation from any cause—will at once cause bladder troubles. So to avoid all these troubles, live a continent and virtuous life. Remember that the sexual organs can only be exercised for procreation and that even this exercise often produces urinary troubles. As a very temperate and abstemious life produces the largest amount of real health, it is always best to live the perfect life to the best of your ability under the circumstances. This life will free you from all of the distressing diseases connected with the bladder and its associated organs.

BONES.

The bones form the framework of the body and furnish points of attachment for the muscles through their tendonous ends. They are connected together at their ends by ligaments which keep them in their positions. They are further kept in place by being surrounded by various membranes, muscles, blood vessels, fatty and other tissues.

MUSCLES.

The muscles are the tissues that enable us to move about, talk, and perform all kinds of work. The mind—acting on them through the motor nerves—controls them and causes them to act in various ways which enables us to maintain our life, and do all kinds of things necessary for our health and happiness. By the action of the mind on the muscles, we can develop about all other parts of the body and can procure whatever is necessary for our perfect happiness.

INTESTINES.

The intestines are a continuation of the alimentary canal, after we leave the stomach. At the commencement of this part of the canal, we have the last important chemical change of the partly digested food by its being here mixed with the bile and pancreatic juice, which about completes the process of digestion. The nutritious part of the digested food—milk like—is now ready for absorption by the lymphatic vessels. These—together with other capillary

vessels—suck out the finely prepared nutritious liquid and carry it in a prepared route to the large veins, where it is mixed with the venous blood and conveyed with it to the heart, lungs and back to the heart and from there to all parts of the body.

The process of absorption of nutriment from the—digested and undigested—food is continued throughout the entire intestinal canal. As the food is carried along towards the end of this canal, there is all the time less and less nutriment left in it, so at the descending colon and the rectum very little is left. What is left—in a natural and complete process of digestion—should be of a rather solid character and have no odors—or be almost free from odor.

Besides the small intestine, we have the large intestine following it and into which the small intestine conducts its contents at its commencement—called the cecum—and located at the bottom of the abdomen on the right side. The appendix is attached to the cecum at its closed end. In appendicitis it is here the pain is felt. The appendix is inflamed and later suppurates and in various ways prevents the cecum and ascending colon from carrying their contents upwards. In the healthful action of these parts of the large intestine, their contents

are carried up to the transverse colon which receives it and carries it across the abdomen to the descending colon.

At or near the diaphragm, the colon turns—at about a right angle—and continues its course parallel with the diaphragm across the abdomen to the left side where it bends downwards and passes parallel with the left side of the abdomen down to the bottom on the left side where it forms the sigmoid flexure and connects with the rectum. The waste part of the contents of the intestines is stored in the sigmoid flexure—as it arrives—until those times at which it is expelled from the body through the rectum.

That there may be no disorders—in this long and delicate canal out of which all substances are drawn for the building up and maintaining in health of all parts of the body—it is of the greatest importance that nothing should be sent into it that can in any possible way be injurious to the body. To maintain the highest degree of health and efficiency, the simpler and plainer the food and drink taken, the more certain it is that this long and delicate canal will continue to perform its duty in the best possible manner.

NERVES.

The nerves are the telephones of the body through which the mind acts on all parts of the different tissues, reaching all the cells wherever located. While the latest discoveries seem to indicate that the mind is a self-acting fluid that is in, around and all over the body and has an auric field—some times extending several inches from the body—it seems all action of the muscles originates in the brain, in the cases of voluntary movements.

So from this, we will lay down the rule for healthy nerves—after we have attended to all other health rules—that we will exercise our muscles in a natural and agreeable way and not over strain them in either work or exercise. It is an established law of the muscular and nervous systems, that by commencing in a moderate way and gradually increasing the activity as the blood and other fluids of the body become more active, we can after awhile perform almost miracles of motion without danger in any way of having bad effects follow the exercise. All muscular exercise tends to make the nerves steady, when the exercise is completely under the control of the mind, and is not

beyond complete control, either as to rapidity of motion or vigor of action. Our advice—therefore—is to commence the exercise—or work—at a moderate rate and increase the rapidity of motion and force of action within easy control.

HEART AND LUNGS.

The heart is—in most persons—situated in the left side of the chest, but in some, well over to the right side, even beyond the breast-bone. Its apex usually reaches near to the diaphragm, opposite the upper part of the stomach, so that an undue distension of the stomach will affect the heart as is caused by eating too large a quantity of food, or by eating inharmonious food as milk and acid fruits, or any acid foods and milk at the same meal, this inharmonious combination forming gases which greatly expand the stomach so that it presses up against the heart and interferes with its healthful and harmonious action. On account of this, be sure to eat harmonious foods and these in not too large an amount at one meal. The heart is a muscular organ which pumps the blood—as it

arrives—out to the lungs and all other parts of the body constantly—both day and night.

The lungs comprise two parts, one in each side of the chest, and it is by the action of the diaphragm and the intercostal muscles that they are expanded and contracted, thus producing the process of breathing. It is here the blood receives its oxygen and gives off its carbon dioxide gas. The lungs should always be supplied with plenty of pure fresh air, free from all contaminating substances, as dust, poison gases and humidity. All occupied rooms should have pure, dry, dust and gas-free air, and the air should circulate about in them—coming in from outside at one end—or side—and passing out at the other end—or side—so that all impurities caused by breathing will rapidly be removed from the room.

EARS.

The ears are situated one on each side of the head, that we may hear any sounds coming from either direction. They are the most complex and delicate sense organs we have. In removing wax from them, great care should be exercised that the ear-drum may not be ruptured. It is a

very delicate membrane that protects the delicate machinery of the inner ear and also aids in the hearing. If wax has collected—that cannot be removed by immersing the side of the head and ear in warm water—take a small match stem, having cut off the end for lighting, and cover it with a light, soft white piece of cloth, usually a cotton handkerchief, and extend it very slowly into the ear till you reach the lump of wax which will usually adhere to the cloth. A very small ear spoon may be used instead of the match, covering it with the white soft, light cloth. If you have roaring in your ears, abstaining from all tonics and stimulating foods, will often remove the difficulty. A short fast of from one to three days is a very good remedy.

Living the perfect life, as we elsewhere outline it in this book, will in about all cases remedy all defects in hearing. Of course if the ear drum has been destroyed, and the internal ear machinery of hearing has been entirely destroyed, it would be difficult to restore the hearing. But such a misfortune only happens occasionally. So it is worth while to try all the methods we are suggesting.

NOSE.

The nose is the organ of smell. It is so situated above the mouth that it can give us prompt notice of the wrong kinds of food before we take any part of them into the mouth. The sense of smell, gives us pleasure when the food is agreeable to us, and pain when it is offensive to us. By this sense we also enjoy the agreeable perfumes of the various flowers. If the nose is small and thin, it can be enlarged and brought up to its normal size by exercising it through the various face muscles, for exercise of which see face and what is there said about exercising the face muscles. Always, if possible, breathe through the nose, as this is the natural method of breathing. The nasal passages strain out the particles of dust and microbes and prevent them reaching the delicate parts of the lungs. In some other way by warming up the air—we do not know just how—breathing through the nose, protects the lungs and throat from disease.

Never be worried because you sneeze, as it is the method provided by nature for ridding the nasal passages from microbes, dust and other irritating substances. It is not a sign that you are taking cold, but a sign that you will not take

one. If you will blow your nose into a white handkerchief when you sneeze, you will see black specks which are the irritating substances which—if not sneezed out—would cause a cold in your head, or a sore throat. Pure out-door cold air is the best remedy for a cold in the head. The writer of this book has cured such colds very quickly on a few occasions when he was attacked by them in this way. The cold air kills the microbes. We always take these colds when we are housed up in a poorly ventilated room. The sure remedy is the freezing cold air.

EYES.

The eyes can be greatly strengthened and glasses can be dispensed with by means of the following exercises: Place a mark on the wall, the height of the head, using for this purpose any object that can be easily seen, as a long narrow calendar. Stand with the back to the wall, so that the mark is directly back of the head—when you look straight to the front—and then with any heavy weight in each hand, dumb-bells, flat-irons, or other articles that can be easily held, and that weigh from five to twenty-five pounds, having no heavier weights than can be easily held. With feet about five to six inches apart—and which must remain stationary while swinging alternately from one side to the other—twist the body and neck, so that with eyes also twisted, you can alternately see the mark on the wall from one side and in next turn on the other. Move slowly and count as you move from side to side till you have made 200 of these motions, commencing with about twenty at the first effort and gradually increasing them till you can make 200 with no inconvenience. After resting a minute or two, then raise the weights above head and throw head back till you can see mark on ceiling above you, then throw head to front until you

see the floor in moving hands down. Repeat this motion about ten to fifteen times at first exercise, but gradually increase it to about 60 times at an exercise. Always stop when tired and do not overdo any of these exercises. Take first on arising in the morning, and next about noon, third about six p. m., and last before going to bed. If you can take them once or twice additional to these, so much the better. By this means you exercise all parts of the eye and eye muscles and if you are living the perfect life—elsewhere outlined—you will soon find your eyes much improved.

The exercising of the arms, shoulders, neck and spinal column, all help to draw blood to the eyes, which is what the eyes need. If you are using eye-glasses, leave them off when not reading or sewing and wear them as little as possible. Immediately after completing any part of the above exercises, go through with the exercises given under face and hair, so as to further draw blood in the neighborhood of the eyes. Also frequently while exercising, alternately roll the eyes in a circle—first four or five times to the right and then same number of times to the left. In taking your walks, as often as possible, look way to the right and then way to the left, and notice as many different things

as possible all about you. This soon becomes a habit and it has a very good effect on the eyes. What injures eyes, is looking for long periods at one small space—or thing—as in reading, writing, sewing and so on. Until you fully recover your eye-sight, do as little of that kind of work as possible. If this course is persisted in, it will soon improve your eyes.

The author of this book has tried out all of the above directions with the result that he can now read easily almost any kind of printed matter without glasses. He now only uses glasses when he reads in a dim light or if the print is small. Young persons should never use eye-glasses. If no one ever had used glasses, all in good health, would see when old in years, as well as they did when young in years. Animals other than mankind, do not become blind when they become old in years and if people lived right they would not have defective eye-sight. Live right and your eyes will be all right.

HAIR.

The hair is one of the natural and principal ornaments of mankind. It should be grown to the best possible advantage. It will be necessary, for all who desire to grow luxuriant hair,

to live the perfect life we outline elsewhere in this book. Before beginning the special exercises we are about to recommend, you should have your entire system in as healthy a condition as possible, so that you will have plenty of perfectly pure blood to invigorate the scalp, out of which your hair is to grow. In our article on bathing, we advise that no soap—or chemical of any kind—be used. This will also apply in washing the head and face. Use only water of such a temperature as is most agreeable to you. The head can be washed in the bath tub at the same time that you take your general bath. Apply plenty of water to the head and rub the scalp with the ends of the fingers, having the nails to not scratch the head. Then having thus cleansed the head, use no oil—or tonic of any kind—but massage the scalp with the ends of the fingers all over several times. Then place the hands on the head—loosely—and move and exercise all the muscles underlying the scalp for about five minutes. Then twist the scalp in all directions. Repeat this exercise as often as is agreeable. Avoid making the scalp sore. After you get used to this treatment, it ought to be gone through with about five to six times each day. After going to bed you can take this exercise and again on waking in the morning and before getting up. This treatment will even

restore gray hair to its natural color. We have seen this done. And age makes no difference, provided the individual lives the perfect life.

The time required to restore faded and gray hair to its natural color, is from about two to five years. If you have not been living the perfect life—as we have outlined it in this book—it will usually take about one to two years to get trained for living the life perfectly—and until you do live this perfect life—you can do but little at restoring color to your hair. But by persevering in the course as directed, you are sure to fully succeed in the end. The author knows, because he has seen it done. There is no limit to the extent of the improvement that can be made in ones appearance if the course we have prescribed is rigidly and perseveringly followed. Soap destroys the oil glands on the scalp, and this will leave the hair without the tonic effect of this natural secretion and lubricant and there is nothing to take its place. An exercise that is good for the hair, is to walk about on all fours, that is on hands and feet. This is very good in developing arm and shoulder muscles and large muscles lying on the sides of the body as well as a good exercise of the spinal column. This exercise can easily be taken in your parlor—or bedroom—on arising in the morning and before

retiring at night. At first it will be hard work, but after a few trials you will begin to enjoy it. Keep your head down as much as possible to cause the blood to flow freely into the scalp and face and thus flush these parts of the body. Hanging on a cross-bar with your feet—or legs—with your head hanging down, is very good for getting blood into the face and scalp. Soap, chemicals of all kinds, head dressings of all kinds and wrong living, is what causes all kinds of hair troubles. Nature has furnished the hair as the cover for the head.

FACE.

The face can be wonderfully improved, by making all kinds of faces for about ten to fifteen minutes four or five times each day. Immediately after taking your exercises for strengthening the eyes, go before a mirror—and as far as possible—twist your face into all kinds of shapes, holding it for a few seconds in each attitude. Inflate the lungs and then almost close the mouth—as in making the long sound of O—and leave the air escape slowly. Repeat this several times in succession. Then twist the face as far as possible to the right and then to the

left and draw your lips into all manner of shapes. Fill your cheeks with all the air you can force into them, and then rub the tongue all about the inside of your cheeks. Open and shut your eyes and wrinkle your forehead, drawing the muscles overlying the head down as far as you can. Then grin broadly and open and shut your mouth as often as you can conveniently do it. The face muscles run in about all directions and are only exercised a very little in ordinary conversation and in eating and will soon deteriorate—unless frequently exercised—and this not only is bound to give you a narrow, thin, wrinkled face, but one without natural color. But by exercising the face—as above explained—four to five times each day, you will soon plump it up and remove all wrinkles from it and bring the flush of youth to your cheeks.

By the above exercises, people between the ages of seventy and one hundred years, have removed all wrinkles. Above exercises are followed by best results when you are living the perfect life as to all other things as directed in this book. Unless your body is full of the vitality produced by perfectly right living in every way, results from these exercises will only be slight. The whole health system must be operated together to bring about big and fully satisfying results.

HANDS.

The hands can be kept in the best possible condition by washing them in pure soft water, using no soap or chemicals. If one has been doing work which has placed grease upon them, sufficient soap may be used to dissolve the grease. This can also be dissolved by using water heated to about 115 degrees Fahrenheit. Many persons spoil their hands by using soap. This is easily done—if the skin is tender—as it is in case of all fair complectioned people. Strong soap eats out the oil glands which are located on the surface of the skin. When these are gone, no oil is secreted to oil the skin and it becomes rough and cracks open, especially in cold weather.

Persons who use much paint and powder on their hands and faces, have overdone the use of soap, other chemicals and hot cloths. Remember, Nature—God—has provided for all our requirements in just the right way and whenever we try to improve on His ways, we injure ourselves. Stains can often be removed by the use of lemon juice. This is to be rubbed on a few minutes before washing them in rather warm water. Avoid use of hot water as it will also

injure the skin. Finger and toe nails should be kept in good shape by paring them frequently so they will never quite reach to tips of fingers or toes. They are best pared down almost to the quick, when you do pare them. If you follow these instructions—and live our perfect life—your hands will always be in fine condition.

FEET.

The feet should be used without shoes—as far as possible—sandals being worn instead. Shoes and boots—when used—should be the right size to make walking in them comfortable. If they do not fit the feet—in any way—blisters, bunions and corns are sure to result. These will produce nervousness and make progress in health and happiness impossible. So be sure to have your feet comfortable by wearing the right kinds of shoes. Better have your shoes a size too large than the least bit too small. Also have them as wide as your feet require. We do not like to see, either ladies or men, girls or boys, wearing long narrow shoes, which are so often considered the style. No well developed athletic person—either girl or boy, lady or man—has a

long narrow foot. All such feet are largely deformed and not natural.

So wear the shoes that will give your feet room to spread out and be natural—as they should be—to be attractive. That your feet may be in the best possible condition—as often as practicable—go bare-footed, or wear soft, easy fitting slippers or sandals. The feet should also have as much special exercise as possible, to develop them and make them strong and capable of enduring long walks—from two to twenty miles—at a time. You cannot take the long, healthful, invigorating walks, unless you have good—healthy—feet. Several times each day stretch them about in all directions. Open and shut your toes as if they were your fingers. Raise with all your weight on your toes and also on your heels.

SPLEEN.

The spleen is situated between the stomach and diaphragm. It is claimed—by occultists—that it secretes from the blood the fine matter of which the vital body—which surrounds and interpenetrates the physical body—is composed. It has—quite recently—been discovered that a

volatile substance—matter—found in fresh, raw vegetables, freshly drawn milk, fresh eggs, wheat and other cereals, fresh fruits and nut kernels—called vitamines—is necessary to be taken with our cooked—sterilized—foods, in order to preserve the body in health.

It has been demonstrated that people living on cooked foods—exclusively—lose their health and grow feeble for want of this vitamine, and if too long deprived of it will die. For this reason, raw foods are necessary to keep us in health. It has something of the taste of honey—in freshly drawn milk—but disappears quickly if the milk is allowed to cool.

These vitamines are—undoubtedly—secreted by the spleen and in some way—we do not fully understand—conducted into the vital body. Vitamines are the active life principles—the substances out of which our spiritual bodies are constructed. Cooking, baking and roasting, destroys them in all foods so prepared, and is worse than useless work.

SKIN.

The skin is one of the most important organs of the body. It is the beautiful robe that

clothes us. If it were not for a wrong education, it would be all sufficient, and a vastly better garment than anything we have—so far—been able to design, since the age when our ancestors wore fig leaves on all dress occasions. The bear, cow, dog, horse and all other animals, are more finely and better clothed than mankind. Mankind's clothing would be the same, if it had not been for the mistakes of our ancient ancestors.

The skin not only covers us perfectly, but is so well ventilated that we can receive through it the magnetism that is in the air and sunlight, without which we could not live for an hour. Actors have lost their lives by covering themselves with gold-leaf—and so quickly—that a hasty removal of the covering did not save their lives. From this, it is evident that a substance is—in some way—received from the air through the skin, that keeps us alive.

Therefore we should pay the greatest attention—possible—to our skin. The less clothing we wear, the better, even in cold weather. The importance of the air and sun baths are evident, to say nothing of the water bath. Our greatest health specialists, now recommend sleeping without night garments in properly heated rooms, with the bed covers raised several inches above the body.

Did you ever feel the luxury of getting up on a cold night and walking about in your room without clothing? If not, just try it. You need not fear taking cold. It will keep you from taking cold. It is a good plan to walk about—entirely nude—in your room before going to bed. It is even better than a cold water bath. This is what is called an air bath. It is wonderfully invigorating. The vitality seems to be greatly increased by this exposure of the entire surface of the body to the air. This air bath should also be taken in the morning before dressing.

Every day the entire body should be bathed in pure water—at an agreeable temperature—without chemicals or soap. An ideal water is fresh rainwater to be used as soon as possible after it falls. This water contains only the elements of life and is the most invigorating of all known waters. It causes both animal and vegetable to grow as no other water will. If you have a suitable place in which to take this kind of a bath, when it rains, take off your clothing and stand out in the rain as it falls, and receive all the life elements fresh from the hands of Nature—God—and you will find it the best bath you ever had. It will remind you of the fabled fountain of youth. Nature has not filed the

prescription for producing this vitalizing water in any office. No chemist can imitate it. It cleanses, vitalizes and invigorates as nothing—except pure fresh air and sunlight—can.

The skin exudes a sensible and insensible perspiration and for this reason, a daily bath should be taken, even when it does not rain, using the nearest approach—as possible—to pure rainwater. Use no soap, or other chemicals in bathing. Soap eats out the oil glands and leaves the skin rough. Never bathe in water uncomfortably warm or cold. Have the water comfortable to you.

You can get all the good effects of the cold bath, by standing in the fresh air for a short time after taking the bath and before dressing. All veins on the feet and legs are—largely—on the surface and flow upwards. So always wipe in the direction of the heart—upwards on the feet and legs—both in washing and in wiping off after the bath. For the same reason wipe inwards on hands and arms. By elevating the hands and arms before washing and wiping, you can further aid in facilitating the flow of the blood in the natural direction and thus produce a mechanical tonic effect on the body. If you wipe in the reverse direction you enlarge the veins and depress the vitality by a wrong

method. If you can elevate the legs before wiping, so much the better. But be sure to wipe in the direction of the heart in all cases, both in washing as well as in wiping. This will save you from enlarged veins, which can easily be produced by wiping and washing the limbs in the wrong directions.

SYSTEMATIC LIVING.

Systematic living is important in every way. The person who has no regular program, by which to be governed, is never at ease, as he or she is sure to be forgetting many necessary things that should be done to keep the system in perfect health. When you have for any period established yourself in a room or building, and know about the things you are going to do, at once make up a program and try it out for a day—or two—and then change it to what will provide the best possible system of living under the circumstances. Thus you will know when to retire and when to get up, and when to do each particular thing, whether it be to do your work, take your exercise, bath, eat, and so on. Without this program you will be overlooking some necessary duty, and before long you will be worrying. Among the things to put into this program will be what to eat and drink, and when and about what amount. What kinds of exercise and when to take them. When to do your shopping and visiting. When to receive your friends, do your reading, writing, or singing.

IDEAL PROGRAM.

The ideal program should be a fixed program for each person, depending on the occupation. We will prepare one for the ideal mother.

- 9:00 p. m. to 6:00 a. m., for sleeping.
- 6:00 a. m. to 7:00 a. m., for bathing children.
- 7:00 a. m. to 7:30 a. m., preparing breakfast.
- 7:30 a. m. to 8:00 a. m., eating breakfast.
- 8:00 a. m. to 9:00 a. m., exercising children.
- 9:00 a. m. to 10:00 a. m., house work.
- 10:00 a. m. to 11:00 a. m., shopping.
- 11:00 a. m. to 12:00 m., preparing dinner.
- 12:00 m. to 1:00 p. m., eating dinner.
- 1:00 p. m. to 2:00 p. m., resting on bed or sofa.
- 2:00 p. m. to 3:00 p. m., housework.
- 3:00 p. m. to 4:00 p. m., receiving visitors, or visits.
- 4:00 p. m. to 5:00 p. m., exercising children.
- 5:00 p. m. to 6:00 p. m., preparing supper.
- 6:00 p. m. to 7:00 p. m., eating supper.
- 7:00 p. m. to 7:30 p. m., housework.
- 7:30 p. m. to 9:00 p. m., exercise and recreation.

This outline will indicate the way in which the ideal mother will ordinarily put in her time. The program for the ideal father would—largely

—follow that of the ideal mother, except where his work required a different division of time. The advantage of this program, is that it makes the life much easier than it would be without it. The program should be all written out and kept where it can be consulted at any time, and if peculiar conditions should require it occasionally to be changed, the changes can easily be worked in for those certain days when a change may be required. Each child should be taught how to make its program, which again would be—to a considerable extent—identical with the mother's program. This calls for three—or more—periods for exercise, which is very necessary to keep in perfect health. On days when there is no school, more exercise can be taken.

HEALTH ECONOMY.

Health economy consists in using everything—possible—in perfecting and adding to the strength of the body, no matter what it is. Never eat or drink anything that in any way will injure you. Avoid using alcohol, tobacco, tea and coffee, or any drinks, except pure water, milk and unfermented fruit juices of those fruits that are known to be healthful and nutritious. Avoid eating any kinds of flesh meats, fish and oysters. Abstain from eating any kinds of cooked cereals as the perfect cells and vitamins have been destroyed in all of these. Avoid using gum, candy, soft drinks and mineral waters. No minerals can be used in nourishing the body, except those organized minerals found in nuts, cereals, fruits and vegetables. Cook no cereals, fruits and vegetables that can be eaten raw. Cooking destroys the perfect cells and also the vitamins. If the water they are cooked in is poured off, you lose the mineral salts and most all of the sugar and oils. Use the water or evaporate it.

Eat slowly and chew all solid foods till liquified with the necessary saliva. Do not swallow seeds and pits of fruits when they are sharp

pointed or of any considerable size. The fruit skins should be chewed into small bits before swallowing. While the pulp and juice of many fruits are healthful, the seeds and skins of some are not good food. In these cases, remove both before eating. Do not experiment with foods you know nothing about. Use those you know from experience are good.

Go to bed early so you will be fully slept out when the time arrives for getting up. From eight to nine hours of sleep should always be taken every night. Always have your sleep entirely completed before getting up in the morning. Save and economize yourself in every possible way. Do not by fear and worry destroy your nerve control and happiness. Have no debts. Be neither a borrower nor lender, except with your mutual friends and neighbors. Always feel that you have done all things well and that everything is and will be well. If you will follow all these instructions and live the perfect life, you will be constantly growing better, stronger, wiser, happier and more beautiful as the years pass.

UNIVERSAL LOVE.

Universal love is God's love. When we are deeply concerned for the welfare of all beings, animals as well as mankind, we are in this respect Godlike, and this Universal Love, springing up in us displaces selfishness, and puts us in harmony with the immutable laws, by means of which all things exist, all harmonious actions are performed, producing the good that blesses all beings.

If all people of all nations and races, were fully possessed of this love, all sickness, death and discord would soon be eradicated from the world. Everyone would become possessed of powers of which they now know nothing. We would then be able to pass—without death of our bodies—into the Astral World and explore all that exists there, and from there pass on into the Heavenly World and there be entertained by the angels. It is right living—obedience to all Natural Laws—that makes us clairvoyant, makes us Masters, Adepts, like Jesus of Nazareth, capable of functioning in any of the worlds. For these reasons all should cultivate Universal Love, which destroys selfishness, greediness, gluttony and intemperance.

The healthy little child has this Universal Love, and manifests it when it plays with its pets, such as puppies, kitties and other pets. Its love for its parents, brothers, sisters and playmates, is of this character. Its love is pure and beneficial to all who are present in its little world. The love of the parent for the child, is of the same character. All such love is above dissipation and selfishness.

Our love should all be unselfish and pure as that of the little child. Grown up people should have this same pure, unselfish love. All other love is selfish love and leads to dissipation and death. Universal Love created the Universe—in which we live, move and have our being—and sustains it. We also should help to perfect and sustain it by manifesting this Universal Love.

PERFECT HAPPINESS.

Perfect happiness possesses us when everything is right, goes right and we are fully satisfied with all of our surroundings. The child at school—who has won first honors in all its classes, has received the highest possible grades in all of them, has performed all other duties completely and has in all ways and in every thing, both at home as well as at school, and on the way to and from school, has fully complied with all requirements, and knows and feels that it has done all of these things, and is highly complimented by its parents, teachers and all others who know of its high standing—may be said to manifest this perfect happiness.

Grown-up persons—who have likewise performed all duties (according to their own consciences) and have done all of those things that the laws of nature, as well as the laws of the land, require of them, and who are free from all fear, worry and anxiety, and in addition to the foregoing, are fully satisfied that all is going well with them in every way—are perfectly happy.

If both the child and the grown-up person can continue to feel thus fully satisfied—always all of the time—and have the right (ideal) way

of progressing—then we can say of them they are always perfectly happy. All of us should aim to reach this ideal way, and continue in it, without any halting or turning from it, in any way in the smallest degree. We should so live that we are always and at all times in an ecstatic state of happiness. This mental attitude is the best possible to promote our highest attainable physical as well as mental powers. By living the perfect life—elsewhere described in this book, we can place ourselves in this—greatly to be desired—attitude of Perfect Happiness. To secure this we must have perfect control of ourselves at all times. This condition can be attained and maintained.

SIN.

Sin is doing that which dissipates, destroys and brings disease and death upon us. All thoughts of our happiness and enjoyment, that are to be secured by depriving others of equal happiness and enjoyment, deprive us of real happiness and enjoyment, and are therefore sinful thoughts, and likewise all acts that deprive others of their true enjoyments, are sinful.

Taking life from any animal—except in necessary defense of our own life—or that of

helpless beings—taking the property or labor of others without full compensation, whether by contract, theft or fraud, teaching false doctrines that cause people to die—whether taught knowingly or ignorantly—exercising the sexual organs—except for lawful procreation—teaching the use of poisons and administering poisons as medicines, all tortures of either mind or body, failing to aid the unfortunate, withholding beneficial knowledge from people who are ready to receive it, holding more property than is necessary for the ordinary business and comfortable and healthful living of the holder and his, or her, family, giving or taking bribes, eating flesh meats, being engaged in any line of business that grows, manufactures, distributes, or sells those things that are injurious to any person, as well as helping to advertise such injurious things, are sinful.

In short, anything that is not beneficial to mankind, or other animals, if produced and distributed by anyone, is sinful. Whatever in any way is injurious to the everlasting happiness of mankind and other animals, if produced, distributed, or used, is sin. Being an unproductive person—when capable of doing useful work—is sinful. We believe that any person can easily decide as to what is sin. We advise all to avoid all of what we have listed and all other things that are similar and not beneficial in a substantial way.

FOUNTAIN OF YOUTH.

The Fountain of Youth is around and about and within you. All you have to do to drink at this fountain, is to avoid completely all forms of dissipation, avoid all leakages of vitality from yourself, as well as from your mind. Become complete master of yourself. Then you can completely control your body at all times—both day and night. Think only constructive, virtuous, perfect, harmonious and healthful thoughts. If evil thoughts enter your mind at once drive them out with good thoughts. Be master of yourself by knowing the truths that enable you to live the perfect life, and then will to live it, fearlessly. You are a child of God—a miniature God—and it is your duty to live in perfect harmony with the laws of Nature—God. This is the only way to be a happy man or woman, boy or girl. Believe in the truths we herein state, and know that the way we direct you to live, is the only way that will lead you to eternal life and everlasting happiness. Sleep like a child, as free from all fear, care and worry, for eight to nine hours each night. Eat the foods we direct in our menus when really hungry, as we have directed you to do in this book, and you

will soon note such an improvement in your body and mind, that you will know and believe fully, that you are enjoying all the powers of the fabled fountain of youth. Then to further help you on in this beautiful life, teach the doctrine to your brothers and sisters, and make them—too—happy and care free, and enable them to also enjoy the benefits of this wonderful fountain. When you have persued this course for a few years, you will surely know we teach the truth. The Ethereal Magnetic Fluid that surrounds you is a part of the Fountain of Youth. It is the Breath of Life. Drink in plenty of it, and you will grow stronger, wiser, better and more beautiful as the years pass.

ETHEREAL MAGNETIC FLUID.

The particles of all things—including our bodies—throughout the entire universe, are held together by means of an ethereal, magnetic fluid, which—in our ordinary condition—we cannot see. This is the medium through which light, sound and thought are constantly passing. This is why our minds have a wonderful effect on our bodies for weal or woe. The healthful state of the mind always builds up, perfects and strengthens the body. The mind by fear, worry

and other forms of wrong and unwholesome thought, weakens, dissipates and destroys the body.

We should feel that we are a part of the universe, and should act in harmony with it, as it is from this great life source, that we derive our health, strength and happiness. All advanced thinkers now hold that animals—other than mankind—have souls, and while their bodies are different from ours, that they are distant relatives of ours, and that therefore we should refrain from killing them and eating their flesh.

We are all God's children and should obey His Laws. To do this, is to be perfectly and perpetually happy. All wisely educated persons are in harmony with these immutable, perfect and self executing laws, and love to obey them. Ignorance leads to sin and death. Wisdom leads to life everlasting.

The ancient East Indian people, called the morning sun's rays, the golden chariots of the Goddess—Ahanna—daughter of the sun, who drove them over the land and water, and through the sky, giving light, and life, and bringing happiness to all. We ought to think of this every morning, as all there is of life, health and happiness, is largely derived from the sun's rays—Ahanna's Golden Chariots.

VIBRATIONS.

Every thing we see, hear, taste, smell or feel, exists only by reason of vibrations. All matter—as we call it—is only force in the various degrees of vibration. The ether transmits light to us at a vibratory rate of 185,000 miles per second. Every part of us exists by reason of vibrations in the different parts of our bodies. As each individual has peculiarities, which give him or her, his or her personality, so each of us have our particular rates of vibrations. Where two persons vibrate at about the same rate, it is this that causes them to become agreeable to each other. In health, the vibrations are regular under the same conditions. In disease, the vibrations are irregular, and can often be made regular by exercise of the patient's own mind, through his or her nervous system. Where the diseased person has a desire to get well, and in any way is convinced that by doing a certain—harmless—thing, he or she will recover, a cure is usually effected. Any thing that will convince the patient—in such cases—that relief can be had by doing certain—harmless—things, will—in practically all cases—effect a cure. This being able to convince the patient that a cure

will be effected, through the patient's mind, sets up normal—healthy—vibrations in all parts of the body and is the beginning of restoration to health.

A healthy person can in all cases of disease, greatly aid in the restoration of the healthy vibrations, by placing his hands on the patient with a strong intention of communicating these vibrations to the patient. When this is done by a trained Therapist, remarkable cures are often made. Belief of the patient—that he will be cured—produced by any means, will in all cases—eventually—set up the natural—healthful—vibrations.

LIGHTNING.

To be safe from lightning during a storm—if in the day time—shut windows and doors, so as to prevent air currents conducting the electricity into and through your house. Keep away from all chimneys and all of the walls—isolating yourself—by sitting in a chair, or lying on a bed if in the night—having your chair or bed at least three feet from walls of the house or room in which you are. Keep as far as possible away from the chimney or any stove

connected with chimney or having pipe projecting out of roof. Do not build fires until storm is past. Also keep away from telephones and radiators.

If out in auto, or other conveyance, seek shelter at earliest chance and if compelled to remain out in storm, keep away from all high objects as trees, buildings, telegraph and telephone poles. If caught out in the open country, drive your team or auto into a hollow, or ravine, and lie as low down as possible, so that you will not be the highest object. Do not drive rapidly in an electric storm as you thus create a current in the air which is likely to make an easy passage for the electricity. Many have lost their lives in this way. Every section of the country each year sustains at least one or two deaths by electricity—lightning—during storms, because those struck, did not observe above rules. Always get off of a load of hay, or a hay or other stack, or high object, as soon as possible when the storm reaches the neighborhood of the place where you are. It is very dangerous to not observe all these rules during any thunderstorm. Also keep away from barns and stables, as the grain, hay and stock, cause an upward current of air which draws the lightning.

WHAT WE ARE—THE “I AM.”

What are we?—is one of the great questions asked by many. The author's answer may not be satisfactory to some. We are an intelligent being—a part of the universe in which we live—a part of the intelligence pervading our universe, a part of God—a part of Nature. While we are a separate being from God, we are a part of Him, and his thought manifests to us, through us, and through all beings, animals as well as mankind. All harmonious thoughts are from the Cosmic Mind—God's Mind—as well as all wisdom. It is an old truth, often uttered by many who do not really seem to realize what it means, “That in God we live and move and have our being.” Being a part of Him, we are entirely dependent upon Him for our very existence. As the material part of the Universe—in which we live and move and have our being—is God's body, so that part of the Universe we call our body—and through which we manifest our intelligence—is our material body. The “*I Am*” is that intelligence that has in compliance with God's—Nature's—laws, built our bodies in which the “*I Am*” lives and through which it manifests. “*I Am*” is the being that by working in perfect harmony with the Natural Laws, can accomplish

almost anything. Each “*I Am*” can make its body perfect by working in perfect harmony with the law, and can progress in wisdom—without limit—if it wills so to do. It has but to determine that *I Can* and *I Will* and proceed—intelligently—to carry out any good work that is in perfect harmony with God’s plan, and success is certain. By this way of working, we become an active part of God and his ally and by means of this power, we are as capable as can be of accomplishing the work. This “*I Am*” is the intelligence that desires, and when the desire is natural it is in harmony with the immutable laws of Nature—God—and the thing desired will be accomplished in due time.

AURA.

The aura is the magnetic field that surrounds all animals—including human beings—and is said by those who claim to be clairvoyant, contains the vital, astral, mental and other invisible bodies, that surround and interpenetrate the physical body. The aura exhibits the mental states by means of the different colors. Clairvoyants, claim they can see these different bodies, which we have just described. That

after death—we live first, in the astral body, and that at the death of the astral body, we continue to live in the mental—heavenly—body. Occultism teaches, that about all who live the perfect life for a period of from ten to twenty—or more years—by this process—eventually—become clairvoyant, which means, being able to see things on the astral and mental—heavenly—planes, which surround and interpenetrate our physical plane—the earth—and can, without losing the use of the physical body—except while they make such visits. That when they propose to make such visits, they go to a room—and having notified their family and friends that for such lengths as they will be absent, that they will be in a state of trance—and that their bodies must not be disturbed, while their spiritual bodies are absent on the visits to the astral and mental—heavenly—planes, or worlds.

There are many books published, giving the things that these clairvoyant persons have seen in their visits to the astral and mental—heavenly—planes. Clairvoyance is seeing with the mind and so many persons have thus explored the astral and heavenly—mental—planes, and reported about the same conditions as existing on those planes and, as all these reports by the different clairvoyants, give about the same descriptions, we believe that there probably are

such planes as they state in existence. Occultists claim that by living as we indicate in this book, most any person, after becoming physically perfect, can investigate all such matters by reason of their higher senses which they thus develop. To be able to visit at will in these planes, is worth more than all other earthly acquisitions.

SEX ORGANS.

All animals—excepting mankind—are controlled by instinct—the God within them—and from their birth to their death, never exercise their sex organs—except for procreation. For this reason, they never suffer from sexual disease or any weakness produced by sexual dissipation. This plainly shows what the law is that governs the sex organs. These animals are perfectly continent and virtuous. If mankind followed their example, the human race would soon become as continent and virtuous and likewise free from all sexual diseases and weaknesses. It would soon eliminate all disease and make perfect civilization an easy piece of work. Whosoever looketh upon one of the opposite sex to lust after him, or her, has already committed

adultery in his, or her, mind. Avoid this by having no adulterous thoughts in your mind. Intercourse for propagation only is right. The sex organs are only for the perpetuation of the species and are not for gratification of sensual desires. These organs also furnish material—properly prepared—for building the brain and other parts of the body, when not interfered with by dissipation. Avoid eating flesh meats of all kinds, using alcohol, tobacco, tea, coffee, cocoa and all other stimulants—except those foods we have recommended elsewhere—and keep your mind off of the sex organs at all times with a firm determination to fearlessly live the continent and virtuous life we here recommend and you can have absolute and perfect control of yourself, and rapidly outgrow any possible errors you may have made in regard to this matter. We here state the truth as to the only course to pursue, if you desire to become perfect. Without full compliance with these directions, you cannot perfect yourself.

AUTOLOGY.

Autology is the science of self development and self healing. When we feel we are able to overcome all obstructions, and unfavorable

surroundings, and will to do this, and continue to possess this self assurance in all we do, we are using autology to its full extent. But very few persons are aware of the powers they possess and can use in perfecting their bodies, and in promoting their health, as well as in making themselves immune against disease.

A person is almost seventy years old, and has been erroneously believing that, as he has nearly reached the limit of the fatal three score and ten years, that some ignorant religionist has tried to impose on the human race, he can no longer continue to live in health as, heretofore, on account of this adverse suggestion, generally and almost universally, believed to be true. But he begins to investigate, as to the truth or falsity of this proposition, and finds that many persons have lived and are now living way beyond this period in good health and strength, and he, therefore says to himself, that if all of these people can live in health way beyond this period, I also can do it. He then and there is convinced that he can and will live way beyond this period and commences his new life and as he progresses, finds himself each day growing stronger, healthier and better in every way. By this self suggestion he is employing autology to a great advantage.

After trying out a course of right living for several years, with the result that he is in better condition than he has been in for many years—by this demonstration—he is further encouraged, and is again using autology to a still better advantage. He then investigates further and finds that every part of his body is newly constructed every seven years, and that if he lives a perfect life, he is sure all the time to be possessed of a better body as time passes. This fact again coming up frequently in his mind, helps to convince him, that we are no older than we think we are. This again is an autological suggestion.

The author of this book finds that about all of the medical books are in error on the subjects of both sex and longevity, and that it is possible for those persons who live a perfect life, to live as long as they wish to, if it be a million years.

Let the dead bury the dead. Let the blind lead the blind. But travel in the straight and narrow way that leads to life everlasting. Seek and you will find. Knock and it shall be opened unto you. Ask and it shall be given unto you. For he that seeketh findeth. Unto him that knocketh it is opened. To him that asketh, it shall be given. When you pray, go into your room and close the doors and windows and draw

down the blinds, that all knowledge that might come to you through seeing with the eyes and by means of the bodily senses, may be shut off. Then hold your mind ready to receive all of the Cosmic—God—thoughts as they come to you, and you soon will be in possession of truths that you can in no other way secure. While they are coming from the Cosmic mind, they seem to arise in your mind. These new thoughts, you can be assured will give you knowledge of truths you did not before have. Use them in your life and you will be surprised how they will benefit you. Knowledge gained in this way—*In the Silence*—will greatly aid you in self development. Then persistently live the perfect life, as we describe it in this book, and you will soon see a wonderful improvement in yourself.

While you are earnestly trying to live the perfect life, assure yourself that you are improving. You will always be able, if you do your very best, to continually note improvements. Your gray hairs—if you have any—will begin to gradually disappear. Any wrinkles you may before have had, will also begin to leave your face. Your muscles will become stronger. Your mind will be better able to comprehend things. You will feel free from all care and be rid of all worry. In short, all your troubles of all kinds will leave you. You will enjoy life better than

you ever did in your happiest child-hood. Doing and realizing all of the foregoing, is practicing autology. If members of your family are not in sympathy with you in doing this, do it without their knowledge, and after a short time, they will begin to note the improvements in your appearance and make favorable suggestions, which will be very powerful in aiding your self suggestions. The author of this book has, in this way, by many favorable suggestions from entire strangers, been highly benefited.

CARE OF CHILDREN.

Children should be allowed no food—except the mother's milk—during the first ten to twelve months. At birth, the infant should be allowed a few hours sleep, before being washed or fed. The first feed from the mother's breast is the colostrum, which is intended by nature to cause the child's bowels to be cleansed. After the first day, the child should be fed from the mother's breasts at intervals of from two to three hours the first month, and after this, the intervals can be increased till a feed every three to four hours is arrived at. During the first year, no other food should be given than the mother's milk in all ordinary cases. Should the mother be incapable of yielding sufficient milk at the end of seven to eight months, then fresh goat's milk—freshly drawn and still warm, containing the vitamines—should be substituted. If this can not be secured, freshly drawn cow's milk may be used.

All bottles and appliances for containing, or administering, milk to children should be kept perfectly clean. All milk of goat or cow, should be given before it cools, as the vitamines are lost by allowing it to cool and the child is thus

deprived of the best part of the milk. These vitamins are volatile and leave the milk as the animal heat passes away. No artificial heating can restore them. Therefore, draw the milk rapidly and at once pour it into the feed bottle in such quantities as the child will use at that feeding, and be sure to do this each time you feed the child. A goat, or cow, can be kept in a lot, or stable, near the house for this purpose.

In cases where the mother—for any reason—cannot furnish the milk, the goat's milk is the next best substitute. It is to be drawn and given in small quantities to the baby while it is warm, and it should be fed slowly from a bottle, with an appliance that will allow the child to draw it slowly, as it would milk from its mother's breast.

After the first year, the child can be gradually fed a very small amount of sweet fruits—avoiding such as have seeds and pits in them—using apples, bananas, pears, oranges and this kind of fruits, removing all seeds, cores and skins, before giving to the child. Peaches and plums, can be fed them, if the pits, seeds and skins are first removed. Our reason for advising this, with small children, is because much sickness and intestinal trouble often arises, when grapes, cherries, strawberries and this class of fruits are

given to them. After the child has reached the age of seven, and has been educated how to discard the pits, seeds and skins of the various fruits, there is much less danger. After the first year, small amounts of rolled oats and freshly ground whole-wheat, in its natural—uncooked—condition, may be given them to chew well before swallowing. The fresh ground whole wheat, contains all of the bodily elements, including the vitamins, and is the best known food for mankind. But during the second and succeeding years, up to the age of seven, the child's food should consist largely of freshly drawn goat's or cow's milk. Small amounts of whole-wheat bread—made from freshly ground whole wheat—and baked or roasted potato, both spread with pure dairy or creamery butter without salt or other seasoning, can be given to them. Teach them to chew all their solid food to a liquid, before swallowing. Fresh raw eggs can be given them on their bread.

Do not feed them confectionery, flesh meats, fish, oysters, pickles, tea, coffee, spices, cookies, pies, cake, or any similar foods. Never feed them more than one kind of fruit at one time. They can eat roasted potato and bread and milk at one meal. Or oatmeal and bread and milk. Or ground whole-wheat flour and milk and bread

and a small amount of fresh butter can also be used with these articles. Pure unrefined sugar and honey can be mixed with their whole-wheat flour and oatmeal, as these sweets are natural sweets. Pure maple syrup may be spread on their bread, and pure maple sugar in very small amounts—with the cereals above named—can be given to them. If the child will eat the rolled oats and whole-wheat flour, uncooked, and without any honey, or sugar, so much the better.

The milk should be taken from a bottle with such an appliance as will allow it to be well mixed with saliva. Most of the health foods in our menus can be used, always rather underfeeding than overfeeding the child. Do not have him eat above four to five times in a day. Feed him on the simple combinations we have suggested, and see that he chews his food into a liquid before swallowing it. After the seventh year, children can begin to accustom themselves to the foods upon which older people live the ideal life, except that all young and growing children need as much of the fresh milk as they can thoroughly digest and assimilate. They should be kept from eating between meals, except small quantities of fresh ripe sweetish fruits, except when the fruits with more acid in them can be easily digested. Unless their activity is very great, and they are really hungry,

not above three meals should be taken each day, after they are above seven. While grown up people are in most cases better off with only about two meals each day, a child should have three.

Within an hour after the child is up in the morning, he usually will be hungry, and breakfast should then be taken, with dinner about eleven to one, and supper between six and seven. Children should be taught to eat slowly, and masticate thoroughly all of their food. As soon as they have eaten enough, encourage them to cease eating, that they may acquire temperance at the commencement of life. Overfeeding children is even worse than underfeeding them. If they eat slowly and chew their food thoroughly, they will not usually overeat. The greatest danger is that they will eat too fast and by a failure to chew the food well, will cause stomach and bowel disturbances.

The only drinks allowed them should be pure fresh water and pure fresh milk. Above all do not allow them to eat flesh meats, fish, oysters, spices, pickles, pies, cake or any rich or highly seasoned foods. Do not allow common salt or pepper on any of their foods. The ideal menus, as given elsewhere, are the correct foods for all persons above seven years old.

During the summer season and in warm countries, the child's clothing should be light and loose, so that air can freely circulate about its body. The legs, feet, arms and hands should be free from clothing in very warm weather. In cold weather, enough clothing should be worn to keep the child comfortable. Children should not be exposed to either extremely cold or hot weather, and during the middle of the day in summer, should be kept in the shade and when the weather becomes extremely cold in winter, they should be kept in comfortable, well ventilated rooms.

Children should have plenty of sleep. All children under seven years, should take two to three hours of sleep in the middle of the day. After that age, they are usually better off with from nine to ten hours sleep between 8 p. m. and 6:30 a. m. Children above seven, are usually in school most of the time, and will not need the extra sleep.

Each child, same as each grown-up person, should have an entire bed to itself, so that it will not be disturbed in any way by a bed-fellow. Four or five separate children's beds can be placed in any fair sized room, with plenty of space for parents to pass between them in attending to them.

Each child is to be bathed all over at least once each day, the evening usually being the best time. All sleeping rooms should be well ventilated, even in the coldest weather.

Each child should each day be taken through a set program of regular exercises, besides such as it gets in playing. This extra exercise should be such, as will equally develop all the muscles. To exercise their voices, they should be required each day to recite—in loud tones—as much as twenty to thirty lines of poetry or prose. They also should be made to sing a few songs, of satisfactory sentiments each day. Always keep them in a happy and contented mood. Rule them by love, and have them perform all tasks because they wish to. By complimenting them, and making all their surroundings pleasant, you will wonderfully help to improve them in every respect. Never scold or censure them. If they need prompting, do it as kindly and affectionately as possible. Above all things, keep them feeling good. Make them as happy as it is possible, and forever after, they will remember you and what you did for them to help them to be good and happy.

Between the ages of seven and ten years, the child should be taught that if it, in any way, interferes with its sex organs, that it will keep

it from becoming a well developed man or woman. The parent, or teacher, will have to approach the child at the right time, and under the right circumstances—in regard to this. What the sex organs are, when and how they develop, and their use, is a subject that should be taught in all schools to children of all ages. The great truth, that no person, either boy or girl, man or woman, can develop into a perfect person, who in any way interferes with these organs, must be taught, if the human animal is to again return to a normal condition. Because, for untold ages, this most important of all knowledge, has been kept from the human animal, humanity has been degraded largely to a state of idiocy. As far as the author of this book has been able to learn, in a long period of investigation, mankind is the only animal that transgresses the laws of nature in regard to the sex organs. As a consequence, mankind are the only animals, that do not develop generally into perfect animals of their kind. Man is the only animal that does many things that only an idiot or insane person might do. Man is the only animal that knowingly shortens his life by using poisons, because it is fashionable to do so. The only animal, that after being warned not to, commits suicide. That does thousands of things that are injurious to him, and then boasts that

he is lord of creation. Only a very few human beings ever return to *The Father's House*—live in perfect harmony with all of the laws of Nature—God—become fully clairvoyant—receive the knowledge of the absolute truth. To become possessed of this truth, is to be reborn—to enter in at the narrow gate—to be in heaven—to realize fully that we are God's—Nature's children. This book is being written, to enlighten the human race, and by getting them to live the perfect life, for a series of years, to put them in possession of their inheritance, by getting them back to *The Father's House*.

FASTING.

Fasting is going without food and using no drink, except pure fresh water. The object to be attained by the fast, is to rid the body of impure matter. This is necessary in curing many diseases. During a fast, the lymphatic vessels absorb all useless substances, as local inflammations, fistulas, unnecessary fat—adipose tissue—and conduct this injurious and useless matter into the blood, and by means of certain glands, the liver and kidneys, and other organs, it is changed into healthy blood for use in maintaining different tissues of the body. That part which cannot be so converted and used, is eliminated from the body by the skin, kidneys, or other eliminative organs, thus removing all unnatural collections from the body. Fasting is nature's way of getting rid of injurious substances. A fast of from one to three days, will—in many cases—remove fistulas—piles—as well as restore to the faster a natural appetite.

Persons have fasted as long as forty to fifty days in numerous cases, with great benefit in removing diseases of various kinds. One man is reported to have fasted for ninety days and reduced his useless flesh to the amount of seventy-

five pounds. Any person can—without danger—fast for five to six days and be benefited greatly by the fast. It is the only way to reduce surplus flesh, and remove diseases originating from impure blood, as rheumatism, gout, running sores, dispepsia, skin diseases—not caused by parasites—Bright's disease, diabetes, dropsy, paralysis, and in short, almost any of the chronic diseases. For many minor diseases, as colds and the like, a short fast of from two to four days, will easily remove all of the trouble. Anyone can safely fast for from three to six days, without any need of a doctor. If a much longer fast is to be taken, we advise it under the care of any well informed doctor. The longer the fast has extended, the greater the care to be exercised in breaking it.

Break a fast gently by use of a small quantity of freshly drawn milk—not above one-fourth of a pint at first feeding—this to be taken very slowly and each teaspoonful of it to be worked about in the mouth until well insalivated before swallowing. As you have salivary glands, stomach, intestines, liver, pancreas, kidneys and other glands and organs that have not been used to work for many days, be very careful in starting them up again. The rest they have had—after a few days careful feeding—will return them to their work with greatly increased vigor. Take

the same amount of milk as before directed every two hours the first day and increase the amount to half a pint at a time the second day. On the third day a very light meal of the roasted white potato may be given in addition to the milk. On the fourth day you can add to the roasted potato a small piece of toasted whole-wheat bread spread with sweet cream and one raw egg. After this, very slowly and carefully return to our ideal menus. As after breaking the fast you will have a great craving for food, be very careful to eat sparingly for several weeks, after which your hunger can again guide you.

In breaking a fast, avoid all meats, fish, cheese, hard-boiled eggs, fried eggs and all highly seasoned foods, as cake, pies, puddings. Use nothing but sweet milk—the fresher the better—the first two days, after which one or two raw fresh eggs may be added. In all fasts that do not exceed six days, after the first day, light meals of such foods as are given in our menus, can be used, always being very careful to chew all solid foods into a liquid before swallowing. After any fast, be very careful to not overeat, and never eat till last meal taken has been thoroughly and completely digested.

These short fasts, cure many diseases, and if the first short fast does not completely cure,

after about ten days of eating, take a second fast of a day or two longer duration—than the first—and this second fast will—quite likely—effect a permanent cure.

Be sure and take your usual amount of exercise during the fast. Also take a daily bath to help eliminate the poisons. Whether thirsty or not, drink as much as three to four pints of water each day. Avoid all other drinks. Use no medicines, coffee, tea, fruit juices, soft drinks, taking nothing but the pure fresh water in half glasses at a time. Ordinarily you will not be bothered much by thirst, but even if not thirsty, take as near as possible three pints of water each day, as it has a very fine cleansing effect in washing out the stomach and intestines.

After the first day or two of the fast, your bowels will not likely move to any extent. If there are accumulations in your bowels, they may move at least once each day during the short fast. But this will be so much the better, as it will help to purify the system and you do not need to worry about this. If you have been constipated, you will find that the drinking of the water and abstaining from food, will soon overcome all of this constipation. Anyone who has never tried these short fasts, will be sur-

prised at the health and increased strength they will get from them.

In connection with the short fasts, we advise all persons never to eat before they have a good hunger appetite. Many persons are now eating only two meals a day, usually leaving breakfast out. A few find one meal each day sufficient. The legend is, that the ancient Greeks in developing their ablest of warriors, only ate one meal each day. Another legend is, that the strongest man in India, ate only one handful of raw wheat each day.

After the first day of fasting, the loss in weight will not usually be above one pound a day, so if you have ten to twenty pounds of fat on you, you will have no trouble for at least as many days, if necessary. Every particle of food above what is necessary and can be perfectly digested, is so much additional poison to be disposed of. Always stop eating when you have had enough, and never eat any food to save it. You can not afford the injury it will do you. You are much better off by eating less food than you need, instead of too much.

MILK CURE.

The milk cure consists in confining the food taken to pure fresh milk for a certain period, usually from two weeks to three months. This is the best possible cure for thin, anemic patients. Milk being the perfect food, containing all the bodily elements in the right proportion, can always be digested and assimilated by any patient. Before commencing the milk diet, a short fast of from one to three days, should be taken, to allow the stomach and intestines to clear themselves of all other foods, so that no acids in them will curdle the milk and produce objectionable effects.

When ready for this diet, begin by taking a half pint every two to three hours, or as often as hungry. Each mouthful as taken, should be held in the mouth until well mixed with saliva, before being swallowed. From ten to fifteen minutes should be taken in consuming each half pint, and care should be taken to avoid drinking the milk down in a hurry.

One on the milk diet will usually sleep well, and will not need to get up during the night to take any of the milk. Patient usually will sleep from 9:30 p. m. to 6:30 a. m. If patient feels

sleepy any time during the day, a nap usually will be beneficial. Take your daily bath and as much exercise as is agreeable, or the usual work may be sufficient exercise. Patient can usually judge as to this.

No fixed amount is to be given, except that patient take it as often as it is relished. Amount usually used will vary from two to six quarts per day. Have the milk warm if you can take it that way, and if not, take it at about a temperature of seventy degrees Fahrenheit. If the appetite for the milk should fail, three to four hours after the last glass, sip a glass of lemonade or eat some slightly acid fruit, which will usually at the end of four to five hours from taking, renew the appetite for the milk. The lemonade is to be preferred to any fruit, as it has the best possible appetizing effect, and is least liable to produce any undesirable disturbance. When you enter on this diet, persist in it and do not mix anything else with it. It is the simplest and most effective remedy known for restoring vitality to anemic persons, and will in most cases cure many diseases that originate from impure blood. This diet, while easily digested and assimilated, has enabled many athletes to develop great powers in strength. Remember that when you have the milk diet, you have the best, as well as the purest diet known. The author,

on about two quarts of milk per day, did ten hours of harvest work each day for a period of about two weeks, when he was a very young man, binding his beats on time and performing as much labor as older men, living upon a mixed diet of roast beef, chicken and all the rich foods that are usually supplied during harvest seasons. So you need not worry about not getting enough nourishment, when you are on this diet. In practically all cases, from two to four weeks on the milk diet will be sure to produce wonderful effects. Claims are made by some, that above a pound a day is made in weight.

Use the best milk you can get, and use it cream and all. Do not be afraid to use it liberally, if it agrees with you, which it is sure to do. If it is not relished at any time, live for a day or so, on a fruit diet. Do not mix a milk and fruit diet. Allow at least three to four hours to elapse, after taking the last glass of milk, before taking any fruit. Also allow the same time to elapse, after taking fruit, before again taking the milk. You need no doctor to advise, in taking the milk diet, unless you think that it might help you.

A PERFECT MAN.

A perfect man is one who obeys all of Nature's laws. His wisdom is so complete that he knows the *Absolute Truth*. He knows that to fail in obeying the perfect, unchangeable, self executing laws of Nature—God—leads to death, and that to obey them perfectly, leads to everlasting life and perfect happiness.

He maps out the best possible program—under his circumstances—and follows it as near as possible. He will not destroy the life of any animal, no matter what it may be, except it becomes necessary in defending himself and those under his protection. He uses no animal food, excepting eggs, milk, cream, butter and cheese. His food is selected from the cereals, edible nuts, vegetables, and edible fruits, to which he adds eggs, milk, cream, butter and cheese. He is not willing to be a party to wilful murder, that he may secure the flesh of his younger brothers and sisters.

He may be any height and any weight, proportioned to our scale of heights and weights as given in this book. He may be any color and of any race. His strength and activity—both physical and mental—will be great. His move-

ments will be graceful. His voice will be musical. His dealings with all beings—both mankind and other animals—will be kind and sympathetic. In all of his trade deals, he will be just. His language will be easily understood by all. All who become acquainted with him will respect him.

All parts of his body being perfect, and in perfect purity and health, he will have no unpleasant odors about him. He will use no poisons of any kind either medicines, alcohol, tobacco, coffee, tea or other poisons. His only drinks will be pure water, milk and pure, fresh—unfermented—fruit juices of fruits that are not poisonous. He will select such perfect foods as fresh drawn milk, freshly ground, whole-wheat flour, fresh nut kernels, fresh vegetables and fruits, and as often as possible will eat them raw, as Nature has prepared them, in order to get the perfect cells and all the vitamins. He will eat no more of such foods as he selects and uses, than is necessary to keep him in perfect health.

Morally and religiously, he will bear all the burdens of the poor and unfortunate his means will allow, he devoting all his time—not necessary for sleep and recreation—in acquiring means by following occupations that create necessary food, drink, clothing and habitations for humanity, as well as those that educate

people in necessary knowledge and aid in the distribution of the various necessary articles needed in living a perfect life.

He teaches his brothers and sisters—the human race—how to become perfect, and live perfectly happy lives, and how to help in spreading the doctrine of the brother-sister-hood of humanity. He asks nothing for himself, that he does not equally share with humanity. As fast as he acquires new knowledge—that is beneficial to all of humanity—he imparts it to those ready to receive it. He is a true friend to all humanity in the fullest sense.

He dresses plainly and neatly. He avoids offending anyone, as far as possible in his living the perfect life. He is constantly receiving new and beneficial knowledge, from the great source of all things, and for this reason, is continually improving. As there is no limit to the advancement of those who persist in living the perfect life, we cannot now say to what heights of knowledge this perfect life will eventually lead him, but know that every day will bring added improvement. For this reason, the perfect life is one continual and happy journey.

If married, he is the ideal husband and father. He is the kind of a man that Jesus called the good man. And the kind that Jesus

referred to as a just man made perfect. His perfect life, makes him a perfect man. He is perfect as his father in heaven is perfect. His life is the prayer that the will of the father in heaven be done on earth. He desires only what the father desires, which is perfection for all. This man and the father are one.

A PERFECT WOMAN.

A perfect woman is the same as a perfect man, except that she has finer feelings and is a more affectionate being. For these reasons, she has a greater influence in moulding the sentiments of those about her. We can safely say, she has all the virtues of the perfect man, and positive magnetic powers with which she can influence, often the most obstinate evil doers, and turn them in the way they should go.

The most influential public speaker—that the author of this book has had the pleasure of listening to—was a woman. She drew crowds such as none of the men speakers ever did, and held them in the closest attention during speeches, lasting for hours, and sent them away convinced of the truths she was trying to impress upon them.

All receptions, without the presence of women, are cold and uninteresting affairs. A home without a mother, wife or daughter, is a poor one at best. As athletes, women excel all men when agility and grace of movements are considered. They have finer voices, both for speaking and singing, than men. Hence the perfect woman has all we have here said, added to all the good things we have said about the perfect man. And added to all that and the foregoing, is the beauty of perfect mother-hood. No man—who has not raised a family—can fully know the graces and virtues of a perfect woman. Because of all these things, women can be glad that they are women.

The hand that rocks the cradle, rules the world. Susan B. Anthony started and persisted in a movement, that has now freed the women of all of the principal countries of the world. She stands out as the greatest woman of all times. Next to her, is Joan of Arc, who saved France from annihilation.

IDEAL FATHER.

The ideal father must possess every requirement of the perfect man, and must be to his wife an ideal lover, with that divine love that

will only do her the most lasting and highest good, and in short, he must be the ideal lover—one who has only lasting and permanent benefits for his chosen sweet-heart. He must be a perfect model of the highest and purest in all virtue. No sexual intercourse must be thought of, except when necessary for procreation. This he can be, if he is living the perfect life and has become a perfect man, and of course his wife should be a perfect woman and the ideal mother. Remember that both the perfect man and perfect woman do not allow or have thoughts of sexual dissipation. If each has plenty of good and useful work to do, during all of the waking hours, and sleeps in his or her bed alone, with the firm determination, that nothing sensual shall be allowed, both will remain absolutely pure, and neither will need to torture the body in any way to maintain their perfectly virtuous condition. It is such persons only that should become the fathers and mothers of the future human race.

Both husband and wife should equally own and enjoy all of their property, both real and personal. It is this perfect married life only, that leads to happiness on the part of both. These parents should bring up their children in as high a state of virtue as they maintain for themselves.

IDEAL MOTHER.

The ideal mother is possessed of all the qualifications of the perfect woman, described elsewhere in this book, and besides leaves nothing undone in any way that can help to make her perfect as a mother in every sense of the word. Her love for her husband and children, is of that pure and divine nature that only ideal women can fully comprehend. She risks her life for her children, and after they are born, she watches over them and works for them unceasingly. She shapes the future course of her sons and daughters. She is as kind and loving to her husband all through life, as she was during courtship. She never ceases to be deeply interested in all her children during her entire life. She is an ornament to society and ever watchful to see that no occasion is lost for the betterment of all children. She is the guardian angel of—not only her own home—but of all homes. And now since she has been enfranchised, she will still do greater things for the home and for humanity in general. Even before her enfranchisement, she brought about prohibition by exerting her influence on her husband, sons and father. There is no service so hon-

orable, noble and grand as that which the ideal mother renders to humanity. She is the guide that leads the way to the higher life, and makes it possible for humanity to advance in civilization. No real home can exist without the ideal mother.

LONGEVITY.

All persons should work to perfect themselves. As soon as they have mastered themselves, they should begin teaching others to do the same thing. Men and women should perfect themselves before they marry, so that on becoming parents, they can at once begin teaching their children to live perfect lives. This alone would soon people the earth with perfect people.

All people desire to live the perfect life, but have never before this, had it fully explained to them, so they could comprehend it, and see the great beauty in living it. They have been taught that seventy years is the limit of human life, except in a few exceptional cases, when it has extended a few years beyond this. Therefore they have adopted the maxim, "Eat, drink and be merry for to-morrow you die." It has—erroneously—been taught that all of us are condemned to die, because some remote ancestor of the Jewish Race ate some forbidden fruit. But now science comes and teaches us that if we live the perfect life, we can at least live as long as we desire on this earth. So now it is worth while to try out the perfect life, and as many do not know that they can live for thousands of years—

if they live right—we here and now truthfully say they can.

Jesus taught this doctrine when he said only a few found the straight gate that leads to life. His words are, "Straight is the gate, and narrow is the way, which leadeth unto life, and few there be that find it." By this he meant that right living in all things, would be rewarded by everlasting life.

It has only recently been discovered, that human beings have lived on the earth for many millions of years. That at various times, the people who lived perfect lives, lived way beyond one thousand years. A few of those who lived perfect lives, according to one historical account, lived beyond ten thousand years. Only about ten thousand years ago, history teaches that people on the Island of Atlantis—before it sank—lived to the ages of 1200 years. The Bible says that Methuselah lived nine hundred and sixty-nine years, and that many other persons lived beyond nine hundred years.

In modern times many persons have lived way beyond one hundred years, some to 180 and a number to 150. Thomas Parr of England, lived to 152, and was killed by being fed rich foods at the king's palace, where he had been taken, because he was a curiosity. His death

was caused by rich foods and drinks which made him die of apoplexy. The post mortem examination of his body showed that the cartilages of his breast-bone at his age, had not ossified as it usually does between the ages of forty and fifty, but was still the same as in a young man, and none of the vital organs had in any way deteriorated. This case shows that right living will maintain a youthful condition of the body as long as the right living continues.

Parr lived in the country where he had pure foods, fresh air, healthful exercise and was free from care and worry. He—undoubtedly—lived largely on a vegetable, cereal, fruit, egg and milk diet. His is an accidental case of longevity.

As long as a person is living the perfect life, his cells will constantly be renewed, and even made better. The old idea that the body will wear out—no matter how perfect a life we live—is not the truth. It is eating inharmonious foods, too much food, eating before last meal has been digested, using various poisons, as alcohol, tobacco, tea, coffee, poisonous medicines, vinegar, salt, spices, flesh meats, fish, oysters and many other injurious foods and drinks, as well as living as a condemned criminal with a limit fixed as to when we must die, as well as sexual dissipation, fear, worry and many other things, that cause us to grow old and die. We can now

avoid all these numerous things that shorten life and cause death.

Eating flesh meats, fish and oysters are sure to cause impure blood and so shorten life. All these meats are difficult to digest, and are largely composed of waste material that has to be eliminated at a great loss of vital force. Besides these objections, there is always danger that some part will reach the intestines undigested, where it will decay and form ptomain poison and thus destroy life. Flesh meat can only be digested in the stomach, but vegetables, grains, fruits, nuts, milk, eggs, butter and cheese can largely be digested in the intestines after leaving the stomach. The gastric juice of the stomach is the only thing that can digest lean meat, and if any of this is passed undigested into the intestines, it rapidly decays and forms the deadly ptomain poison which soon causes death. Every time you eat meat you are sanctioning the murder of the animals, whose flesh you eat and this crime is often punished in this way. It is claimed that the greatest cause of leprosy is a fish diet. All animals living in the water are largely carnivorous, and this makes both fish, oysters and shell fish, a less desirable thing to eat than animals feeding on grain and grass. All meat is a second-hand food, and what few cells you get out of it are second-hand cells, and

if you use a carnivorous animal for food, you get third-hand cells. No carnivorous animal will eat the flesh of another carnivorous animal, because instinctively they know about the poor quality of such food. Again, commercial meats are doubly dangerous on account of decay and preservatives used. If you must use meats, kill the animals and use the meat at once, before the poisons have time to form. In this way you get rid of at least two of the dangers.

The mind—when the mental attitude is right on the ideal foods—constantly aids in building up the wornout cells, and thus works to keep the body in a perfect condition. Elsewhere in this book we give you other instructions, to aid you in perfecting your body, and maintaining it in a perfect condition.

Do not think you must die, because some ignorant persons tell you that death is sure to overtake you. You can perfect your body by following out our directions, and as time passes, become really younger and stronger, more beautiful and better, wiser and happier, by living the perfect life. Let nothing keep you from doing this. To do this is the only thing worth doing, and the only thing that will make you everlastingly happy. Commence this perfect life and persist in living it for ten years, and you will never desire to live otherwise.

A feeble effort of a few days, or a few weeks, or a few months, will not be long enough to fairly demonstrate what pleasure there is in it. The first few months, will be a fierce struggle with appetites, passions and perhaps other influences—but by persisting for at least a year—or two—you will begin to notice good and substantial results. As soon as you conquer yourself—so that you are complete master of your body, and not your body master of you—as is usually the case, you will have won out. Remember when you live the perfect life, you have everything that anyone can wish for. When a piece of whole-wheat bread, is more enjoyable—than any other food ever was—you have an appetite you can derive real pleasure from. You are not confined to just whole-wheat bread, in living the perfect life but can each day enjoy about five to six different kinds of the specified foods.

The real enjoyment is in being more alive than ever before. All your bodily senses become wonderfully acute, and you develop several new senses that you knew little about before. In short you become what is called clairvoyant, and can see what you may wish to, in the astral world as also in the heavenly world without dying. In this condition, which is mankind's natural condition, you live in three worlds at

the same time. All animals, other than mankind, are in this happy state. This is what Jesus called heaven and paradise. Commercialism, greediness, sexual dissipation and gluttony, all are founded upon ignorance and upheld by it, and all who think they profit by it, soon loose their lives. The wise ones discard all these, and live the perfect life that continues everlastingly. The perfect life is the only life worth living. We therefore—again—say, live the perfect life.

NARROW WAY TO ETERNAL LIFE.

The narrow way to eternal life is as follows: Live in perfect harmony with all mankind and with all living beings, both physical and spiritual. Be able to sleep perfectly each night for eight to nine hours, getting up in the morning when completely rested. Then follow your ideal program as we have indicated in this book. Be sure to take plenty of physical and mental exercise each day, and always so as to fully develop all muscles and mental faculties. Manage in this to be perfectly happy in all the work you do and exercise you take. While you gradually increase the activity from day to day, always manage to do so without any exhausting effects. Never be worried about anything. Enjoy yourself all you can in all you do. Be as free from care and worry as a healthy boy or girl that is full of life and thinks of nothing but the eternal now. The author of this book, likes to call this condition ecstatic—a perfect state of happiness. When you are good and hungry, eat one of the menus we have given in this book, as we have directed, chewing all foods into a liquid form before swallowing, and sipping your water, milk, soup, or fruit juice. Always stop when you have

eaten in this way enough to fairly satisfy your hunger. If you eat slowly, the plain foods we have indicated, and in the combinations we have directed, you will know when you have had enough. Amount taken at one meal, should not exceed two pints in quantity, which is to include both drinks and other foods. Better always be on the safe side by eating rather less than too much.

Avoid attending exercises in poorly ventilated auditoriums, halls, or churches, as the breath of the numerous persons there, is bad to take into your lungs. All such public rooms should be well ventilated, so that offensive breath of the diseased persons attending, will be rapidly carried out of the room. Of course, you will always attend to having plenty of fresh air in your rooms.

Your voice should be exercised every day as we have indicated under Larynx and Throat. Be sure to read, sing and speak for at least half an hour each day. As often as you feel like it, laugh heartily. This is an excellent exercise. Manage to increase the amount of your work, or exercise as you progress, and do it without having yourself feel tired. A run of from a quarter of a mile to a half of a mile each day, is a very fine exercise. This sends blood to all

parts of the body and has a highly beneficial effect in strengthening the heart, lungs and all parts of the body. The narrow way is not difficult to follow, and will yield much more real enjoyment than the broadway, as it is called. The narrow way eliminates all dissipation, and by having you live a life true to nature, enables you to be free from all of the sickness that follows those who dissipate, and pay no attention to the laws of health. If you persist in this narrow way we indicate, you will all the time grow more beautiful, stronger, wiser, better and happier as the years pass. As you progress, you will constantly be learning new things of great value to you. When you live the perfect life, there is no limit to your enjoyment. As your senses become keener, and new ones develop, you will without effort, be able to see in the hidden worlds about you, such as the astral and heavenly. This you can do without sickness, pain or death. The perfect life leads to full clairvoyance.

WORLD GOVERNMENT.

The whole world should be under one government and that a government of the people, by the people and for the people of all races, both men and women being equally entitled to share in this government. All commercialism must be dispensed with and all supplies bought and distributed by the government. All labor must be equally divided among the people and each person must be required to do his or her part. This will forever do away with all war, jealousy, crime of all kinds, and secure perfect happiness for all at all times. By this method, no one would have to work above six hours during any day.

This world government would not permit sale of poisons of any kind, and it would prevent all forms of dissipation, and require each person to be registered and have a definite place of residence. No one would be permitted to travel, except as arranged by this government, and all travelers would have to have with them for identification, certificates of the proper officers to enable them to travel.

NORMAL WISEMAN.

Normal Wiseman is just 21 years of age and at the parting of the ways, opens the straight gate, and at once enters and begins his journey on the narrow road that leads to life everlasting. He begins work as a farm laborer with a firm determination to become a farmer and later on hopes to own his own farm. He is watching very closely all that takes place on the farm he is doing his work on. He has made for himself a program which he is following, and among the things that he has decided to do is to use no tobacco, flesh meats, salt, vinegar, alcohol, tea, coffee or other things that he knows are injurious to him. He has read in the new book—*A Perfect Life and How to Live It*—which he has received from his mother as a birth-day present, what is necessary to be done in order to make himself perfect and is following the directions therein given. He lives on uncooked foods very largely and is very temperate in his eating. He rapidly learns how to control himself and soon is complete master of himself, both during the day and at night when asleep.

His farmer employer finds that he can fully trust him to do any work on the farm and finds

him looking after all of the many kinds of things to be done with even closer attention than he himself has been doing. For this reason at the commencement of the second year's service, he increases his wages. Normal has learned all about all of the farm animals and knows just how to please all of them. He does all of this by being very kind to them and never in any way striking or speaking to them angrily. He is the best kind of a friend to everybody and everything. His complete and perfect control of himself enables him to lead—by gentle means—the people as well as the animals, to do any right thing that he wishes them to do.

He attends the literary society in the country school-house and is one of the leaders in it, although a number of the members are better educated and much older in years. He excels all of them in the correctness of his statements and in the choice of his language. He is always free from all worries and cares of all kinds. He is always perfectly happy because he sees himself constantly improving as he continues his journey in the narrow way. His admirers and true friends are all the time increasing and he seems to scatter a large amount of blessings on all who know him. He is teaching by his example as well as by his words the beauty in living the

perfect life. He has induced a number of persons to try living the perfect life.

He is courting a country maiden and does it as a philosopher by making a short call, not above once a week, early in the evening unless, he can make the weekly call on Sunday afternoon, which he prefers, as he does not believe in a spooning courtship. He loans his sweetheart such books as he thinks she is benefited by reading. Among them is *A Perfect Life and How to Live It*, as he wants only such a wife as will be *A Perfect Woman* and the *Ideal Mother*. He does not want a doll for a wife, but such a woman as will aid him in leading the perfect life. This woman must lead a perfect life and must become complete master of herself before she becomes his bride. As eternity is before them and they have time without limit, there is no need of either of them being in a hurry to marry and neither will think of marriage until both have become fully masters of themselves. Their marriage is to be a philosophical marriage in which children of the very highest class are to be produced. There is to be no dissipation in connection with their married life. Their highest happiness as well as that of their children depends largely on how they conduct themselves as to each other. They both know the *Absolute Truth* as to what married life should be and are

determined fully to comply with all the requirements.

Ten years have elapsed since Normal became of age and he is now 31 and the 160-acre farm that he wanted is his and he has it fenced and has modern buildings, so he and his wife can begin housekeeping and farming. Normal is the finest appearing man in all of that section of the country and his wife, who at commencement of their courtship was just an ordinary country maiden, is now a perfect woman with no equal in that part of the country. Both of these people are perfect masters of themselves. Both are admired and loved by all who are acquainted with them. Both are becoming fully clairvoyant and know at any time all such things as will happen in the future, so far as these things concern them.

Twenty years more have passed and both are as young looking as they were at the age of twenty-five and they are the proud parents of eight healthy and happy children ranging in ages from four to eighteen, four boys and four girls. All of these children were born without pain and none were ever sick and all are perfect because their parents were perfect. This shows what can be done by living a perfect life.

Twenty more years have passed and Normal is now 71 and his wife is 70 and both are grand-

parents of numerous grand-children. No deaths or sickness has occurred in any of the families of their children. Both Normal and his wife are as young looking as when they were twenty-five and there are no signs of age showing in either. This shows what living the perfect life will do for humanity. These people have time and youth without limit before them so long as they live the perfect life. After having traveled thus far in the straight and narrow way that leads to life everlasting, they are not likely to abandon it for those foolish pleasures that lure so many into the broadway that leads to destruction.

Ignorance is the great cause of the dissipation that we see about us. If all the people could be rightly educated as to what right living and right thinking means, few, if any, would be induced to dissipate. We have too many of the blind leaders—those who teach false doctrines. These blind leaders seem to be ignorant of the real truths that were taught by the one they claim to follow. He taught everlasting life.

Jesus taught this doctrine when he said only a few found the straight gate that leads to life. His words are, "Straight is the gate, and narrow is the way, which leadeth unto life, and few there be that find it." By this he meant that right living in all things, would be rewarded by everlasting life.

IGNORANT FOOLMAN.

Ignorant Foolman is just 21 years of age and at the parting of the ways, opens the wide gate, and at once enters and begins his journey on the broadway that leads to destruction. He was born and brought up on a farm and is in good health and has a fair education in ordinary matters but never has been able to comprehend the *Absolute Truth*. He has not been able to see the great beauty in perfection and considers the narrow way one that deprives a person traveling in it of all the good in life. He is very selfish and wants to enjoy all the cheap and sensual pleasures that he can find.

He begins his life in a city and finds employment in a restaurant as a waiter. As soon as the work hours are over, he seeks company among those that claim to know all about the places of amusement. So far he has not used tobacco, alcoholic drinks, tea, coffee and many other unhealthful foods and drinks. He sees about all of the men about the city smoking, and as he is to enjoy everything, he buys and commences smoking his first cigar. After taking a few drafts of the smoke into his lungs, he becomes dizzy and almost faints. He is dis-

gusted with this effort at finding pleasure in smoking but only rests for a short time when he makes a second effort at it. While he still finds it a very disgusting thing, he says to himself all of these men smoke and it must be a good thing when one gets used to it. He continues the effort at learning to smoke until at the end of a few months he can smoke as the rest do. He has now become the slave of the poisonous nicotine.

He has in the meantime been attending the cheap theaters and becomes fascinated with the actresses, dressed in their scanty attire. The impressions of them are stamped on his mind and they appear to him in his dreams and the result is impure dreams which after awhile weaken and enfeeble him. He consults a doctor and is advised to follow a course that is still more enervating. He is all the time attending the cheap vaudeville theaters and becoming still more fascinated by the varied performances. All this time he is still holding his position as a waiter. He makes the acquaintance of a waitress in another restaurant and proposes marriage and is accepted and they are married and live in a single room for their home. But neither of these two know what marriage is for and their life is for this reason one of dissipation. At the

end of a few months they each tire of the other and agree to separate. Both have a full knowledge of dissipation and if both now fully realized what the *Absolute Truth* means, they could reform and live lives of purity. But both are as ignorant as before their marriage, and cannot see the beauty of the perfect life. Each grasps at anything that promises a little temporary pleasure, and so they continue in their Broadway that leads to destruction.

Every normal person—either man or woman—has a desire for children, and anything that prevents this natural desire from being realized, is a great and enduring wrong. This result was not realized in the marriage we have just described, because either one or both of the married couple had done something that prevented it. The greatest curse conceivable is one that makes the person realize that he, or she, is not and cannot become a father or mother to children of his, or her, own begetting. In all such cases they should adopt children of deceased persons and make them a substitute for those that they were unable to have of their own begetting. We cannot see why a family of this kind cannot be a happy family.

Ten years have passed since Ignorant Foolman left his home in the country and began his

life in the city and he is a nervous, sickly man, doing such work as he can find to do to enable him to subsist. He is a slave to about all the bad habits that are acquired by many of the city dwellers. He staggers as he walks and spends much of his time loafing about pool-halls and other places frequented by his class. His blood is impure and his search for happiness along the Broadway he is traveling is a complete failure as he now begins to fully realize. He is told by his blind leaders that to get strength he must eat plenty of meat and not work so hard and he follows this advice and is a confirmed invalid, walking with a cane and constantly taking into his system poison from a pipe which is his constant companion.

He worries over his condition and fears that he will soon die and in this condition calls in a minister to help him solve his problem as to what is to become of him after death. The minister, who has just been feasted on roasted pork and mince pie and has finished his after dinner cigar, tells him he must say he is sorry for any sins he may have committed and believe that the way is provided for him to get to heaven after he dies if he will join his church and perform certain ceremonies that his church requires of all who become its members. He is the drowning

man grasping at a straw for help and does as directed and ignorantly fails to commence to live a pure and perfect life that will purify his body and mind. He now is a member of the church and has its recipe for getting to heaven and slavishly performs all the duties required by its creeds. No one has enlightened him as to how to purify his body and mind, neither the doctor nor the minister, and the patient and the penitent is still traveling in the Broadway that leads to destruction. Both of his blind leaders assure him that death is sure to overtake him and that they are doing all they can for him.

He continues to grow worse and is not satisfied to continue in this condition much longer as there is no pleasure in such a life and at the age of about forty he takes a dose of poison—as he thinks—to end his troubles. This man has paid the penalty of his violations of the immutable laws of Nature. His history is the life story of all who travel in the Broadway that leads to destruction. The human race has been mislead for so long a time by blind leaders, that it is difficult to get it to realize the *Absolute Truth*. We sometimes marvel at the ignorance of the little children because they are entertained by mechanical toys. But when we find grown-up men and women doing the same foolish things

over again and again, we call it social entertainment.

The only thing of real value is to aid Nature—to develop perfect men and women. Jesus refers to this when he speaks of the just men made perfect. The rights of all beings under the laws of Nature must be fully respected. We must use all that is given us to the best advantage in developing and perfecting all things. No animal should be killed, except in defense of ourselves or those under our protection.

NORMA GOODMAN.

Norma Goodman was born on a farm in one of the mid-western states and had parents who had been living the perfect life from the time they first became acquainted with each other. She was a perfect baby at her birth as almost all children are. From the time of her birth until she was twenty-one, her parents brought her up under the directions set forth in *A Perfect Life and How to Live It* and we will give the details of how she was developed into a perfect woman.

She learned to read and write so easily under the instructions of her parents that at the age of four she could read all of the stories correctly in three story books that had been given her and amused and entertained her parents, brothers, sisters and friends by reading these stories to them in a clear and well controlled voice. She also had her dolls and dishes and used them in playing that she was keeping house. She had her pet kitties and puppies and numerous other pets as children can have them on a farm. At the age of seven, when she commenced attending the country school, she had her regular program to apportion her time as it was divided up. We will give it here for the benefit of other children who wish to live a perfect life.

9:00 p. m. to 6:00 a. m.—Sleeping.
6:00 a. m. to 7:00 a. m.—Bathing and Dressing.
7:00 a. m. to 8:00 a. m.—Eating Breakfast.
8:00 a. m. to 8:30 a. m.—Exercising.
8:30 a. m. to 9:00 a. m.—Going to School.
9:00 a. m. to 4:00 p. m.—Attending School.
4:30 p. m. to 6:00 p. m.—Exercising.
6:00 p. m. to 7:00 p. m.—Supper.
7:00 p. m. to 8:00 p. m.—Exercising.
8:00 p. m. to 9:00 p. m.—Reading, Speaking
and Singing.

She followed this program for many years with only slight changes as were necessary on days when there was no school. On these days she spent much of her time helping with the work on the farm. At the age of seven she began milking her pet cow regularly and this gave her the warm fresh milk with the perfectly live cells and the vitamins and as soon as she brought the milk to her mother to strain, she was given a glass full of it which she drank at once, thus getting all the benefits of the perfect food. For her breakfast she had a second glass of the same milk which she sipped as she ate her freshly ground whole-wheat flour, never mixing same with milk but eating it dry and chewing it into a liquid before swallowing it. After chewing each mouthful of the flour into a liquid and

swallowing it, she then took a mouthful of the milk and worked it about in her mouth so as to completely insalivate it before it was swallowed. By alternating in this manner with flour and milk, she perfectly insalivated both. Her dinner—when at school—consisted of whole-wheat bread, made from freshly ground whole-wheat flour—her parents having a hand mill in which they ground all the flour they used—spread with fresh—unsalted—butter and fresh comb honey. All these foods were produced on their farm. A small raw carrot and a half-pint bottle of fresh milk was added to the bread as before prepared. When there was no school, Norma usually had for dinner, roasted white potatoes seasoned with fresh cream and one fresh raw egg. For her supper she usually had stewed sweet-corn, or peas, or string beans with whole-wheat flour bread or gems. To this was usually added either celery, carrots, lettuce or cabbage, all of these fresh raw vegetables being very finely cut up by hand or machine. Having always sipped her glass of milk at time of milking, she ate her supper without any drink. She always chewed all of her solid food to a complete liquid before swallowing it, thus completely insalivating it.

She ate her fruit between meals when she was hungry for it. Her only drink besides milk,

was pure water and occasionally perfectly fresh fruit juice of such fruits as grew on the farm, among which were apples, pears, peaches, grapes, strawberries and raspberries. Raw fresh nut kernels were occasionally used instead of fresh raw eggs. She never ate fruit seeds, pits, rinds or cores. She ate very slowly and never ate after she felt that her hunger had been satisfied and she never ate until she was hungry. At the age of eight she began studying the book, *A Perfect Life and How to Live It*, and of her own accord began putting it into practice.

Her health was so perfect that she was immune against all of the usual diseases that ordinary children are afflicted with. She was repeatedly exposed to measles, scarlet fever and like contagious diseases but never took any of them. Her school record showed her the perfect student. She had all the lessons assigned her so completely mastered that she always stood perfect in the markings. She had a clear, strong, musical voice and all who heard her read, recite, speak or sing, were surprised at this. Her form was perfect. Her hair was extremely beautiful, being soft and luxuriant. Her eyes were radiant with health and intelligence. She always had a pleased expression in her face and a kind word to speak to all she met. She always

seemed to be ecstatic in her happiness. Her movements were easy and graceful.

She was the strongest girl for her age in the school and could outrun all of the other pupils, both boys and girls and many were much older than she was when the tests were made. She could walk on her hands and arms when she was clothed in her exercising suit. Each day she performed on the parallel bars and other gymnasium furnishings. She was as good at the different feats as the best lady performers in the circuses. She also was very skillful in the use of dumb-bells. Having been systematically trained in these exercises by her parents and older brother and sister, at the age of sixteen, she had no equal in agility, strength and beauty.

She also became clairvoyant and could go into her room and hypnotize herself and find out what her friends were doing in places long distances away from where she lived. Telepathically she would also read their thoughts.

At the age of nine, her mother fully instructed her as to all matters of sex, and this was of great value to her always. Her boy friends tried to spoon with her but she would not for a moment permit it. She had full knowledge as to the evil resulting from it and would not permit it. As a consequence at the age of twenty-one, her

eyes were as bright and clear as those of a healthy baby. She maintained her perfect self control at all times and under all circumstances. Her perfect life and clairvoyance enabled her to master all of the studies perfectly in both the High-school and University, and in both she had the highest grading possible at her graduation. This is what the perfect life will do for any girl who will live it as it can be lived.

NEWMAN WISE.

Newman Wise was born in one of the mid-western cities and was the son of a carpenter. He was as perfect as boy babies usually are. His parents had been living the perfect life for a number of years before his birth and had one of the books entitled, *A Perfect Life and How to Live It*, and had been using it with great benefit to themselves and their older children.

Newman had been brought up to his seventh year strictly according to the directions given under the title, *Care of Children*, and was a fine boy at seven. He had already learned to read and write and was able to even read some parts of *A Perfect Life and How to Live It*, understandingly. His parents had discontinued the use of all kinds of flesh meats including fish and as a substitute, used milk, cream, cheese and eggs. They were also using as much raw food as it was possible to get in the city. They had the wheat brought to them fresh from the farm and ground all of their flour in a hand-mill as they used it, in order to have all of the substances in the grain, including the live and perfect cells as nature creates them, as well as all of the vitamins. The larger part of this perfect whole-

wheat flour was eaten raw by spreading it on bread after the bread had been buttered and supplied with honey, maple syrup or maple sugar. This combination furnishing an ideal food, and being dry, was in the best possible shape to be perfectly insalivated as it was chewed to a liquid. The parents lived in the suburbs of the city and had a cow and some chickens from which they secured fresh milk and strictly fresh eggs. Milking was finished just as breakfast was ready so that the milk with all the vitamins in it could be used. The next milking was done in the evening just before supper. All the eggs were being eaten raw in order to secure all the vitamins and cells in them in a perfect condition.

They also had a garden on the lots they lived on and grew their own vegetables which they largely used without cooking. Newman was furnished a program for his guidance which required him to exercise at stated times all of the muscles in his body. He was required to be in bed at 9 p. m. and to be up at 6 a. m. and from 6 a. m. to 7 a. m. he was given his bath and some exercise. From 7 a. m. to 7:30 a. m. he ate breakfast. From 7:30 to 8:30 he had exercise again and after this was exercised in reading and speaking at home. At 9 a. m. he was in

school and remained there till 4 p. m., when he returned home and spent from 4:30 to 6 p. m. exercising. His exercise while he was quite young was in the nature of play. While quite young, he ate his dinner at school and it consisted of whole-wheat bread spread with fresh—unsalted—butter and comb honey. Included with the bread was a half-pint bottle of fresh milk. Also a small raw carrot most of the times.

Newman as he grew older, took great pains to live a perfect life, and made a great record in both bodily growth and mental development. There was no boy in the city that could equal him in feats of strength or agility of movements. He was the champion in all of the games. He was perfect in all of his recitations. His grades were always the highest that could be given. His health was perfect. He was immune against all diseases and never had any of the diseases that afflict about all ordinary children.

Between the age of eight and nine his parents gave him full instructions and knowledge as to all sexual matters. This saved him from all dangers that injure many children. His parents always had his full confidence and he always went to them for advise in all matters. His advancement was so rapid that at twelve he

entered the High School and graduated from it with the highest possible grades at sixteen. He then entered a University and completed his course in the prescribed four years with the highest attainable grades.

He was then the champion in all games and the finest appearing man in any and all of the classes. He had the best formed body, the best informed mind as to all general knowledge and was the most popular man at the University. He then took a special course in physical culture and became a teacher of right living in the institution from which he graduated.

There is nothing that does so much good in every way as bringing up children by teaching them to live the perfect life. We hope that parents and teachers will from now on try harder to teach the children right living and right thinking. If they are taught how to live perfect lives, when they are grown up they will continue to live them. Remember the old saying: "Bring up a child in the way he should go and when he is old he will not depart from it."

Remember that every young man and young woman who has been kept in ignorance of things that they should know while growing up, blame the parents and teachers for not having given

them the knowledge that they should have had. Many of the boys and girls have seriously injured themselves because they did not know how to live. And this is especially of the greatest importance when it comes to the sexual organs. Wrong ideas as to these organs reach the boys and girls telepathically and the only thing that can be done to offset this is to have them know that these organs must not in any way be interfered with. They must be left alone so they can secrete the life-giving substances that build and perfect the body. They should be taught that any interference with them will prevent them from developing into mature men and women.

They should be taught that perfect virtue is of the greatest importance. This is a great duty that parents and teachers should not fail to render to those under their care.

If children are not fed on flesh meats, fish, oysters, clams and lobsters and kept from using tobacco, rich and stimulating foods and alcoholic drinks, tea, coffee and other like drinks, the control of the sexual passions will be much easier. They should have the plain and nutritious foods we have advised elsewhere in this book.

They should also be taught to not eat unless they are really hungry and then only a moderate amount of the prescribed foods. Raw vegetables and raw fruits should constitute a good portion of their diet. Every child is anxious to do things that will develop it into a perfect man or woman and if the right things are taught them, they will be glad to put the knowledge into use. The great trouble is the failure to furnish the knowledge that the children need. If the use of the sex organs was taught, as is the use of the other parts of the body, the trouble would be over with in a short time.

OLD AGE.

Old Age is caused by wrong living and wrong thinking. Wrong thinking and believing, as to length of life, is commenced in infancy when the child is being taught that it will die when it becomes old like grandma and grandpa. In all public prayers—all condemned and forbidden by Jesus—death and old age—as a rule—are emphasized. The minister emphatically declares in his sermon that death is sure to overtake all. He uses this fatal suggestion to frighten people and—as he calls it—convert them. Every death and funeral is used to convince people that their death is sure to follow the age of seventy. All of this is in direct contradiction of what Jesus taught. He said, "Let the dead bury the dead." His sample prayer is as follows: "Our Father who art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever. Amen."

There is not a word about death in this prayer. Jesus healed all the sick and never taught the doctrine that people had to die in order to get to heaven. But mankind has been taught death for so long a time that death is so universally believed in that it is difficult to get this idea out of the minds of the people. Jesus taught that those who lived sinless lives would not die and that all sickness was caused by sin. Under his teachings all who lived perfect lives were to continue to live without any limitation as to length of life. Because of these wrong teachings, an erroneous idea is prevalent among all people that death is sure to overtake them—sooner or later—no matter what they do. On account of this they adopt the maxim: “Eat, drink and be merry for to-morrow you die.” With this falsehood almost generally believed in, it is difficult to get people to believe that by living a perfect life they can continue to live happily on this earth as long as they desire, if it be for a million of years.

The first thing to do is to get rid of this fatal belief. And with the true belief substituted, which is that if one lives a perfect life, he can live as long as he desires on this earth. He can then at once be relieved from all the fear and worry that the old belief is the cause of.

Then as the old man, or woman, begins to eat sparingly the foods we have specified in our menus, to exercise more and sleep sounder, they soon will be feeling so much better that they will be greatly encouraged to try still more effectively to live the perfect life, and as they progress they will soon begin to realize that they are actually growing younger as to all of their bodily organs. As soon as substantial progress has been made they will be in a much better condition for greater improvements. As time passes and they are constantly becoming stronger, healthier, more youthful in appearance and happier, they will then begin to actually know the *Absolute Truth* as to life.

Besides the wrong belief that causes old age, we have to contend against a belief that the more we eat the stronger we will become. The facts are almost the reverse of this. Every mouthful of food above the requirements of our system, is an injury to us. The writer's experience is that frequent short fasts—of from one to two days—are highly beneficial to him, and he does not stop work in order to take them, but actually does more work often while he is fasting than when he is eating his two light meals each day. In order to have a perfect digestion it is necessary to often fast or take only

one very light meal each day. As we get so much of our nourishment from the air and water we use, we often need very little other nourishment.

We often find that our blood circulates more vigorously during the first day of fasting than it had for several days previous, and believe this is the result caused by undigested food in the stomach and intestines being digested during the fast. As most all elderly people have an aversion to taking a large amount of active exercise, they do not need much food and should not—as a rule—eat above two meals each day and in many cases would be better off on one light meal each day with a day or two of fasting every week. If they are fleshy people, the one meal a day is the thing for them. This will help them to reduce the surplus flesh which is always to be desired.

Elderly people should take as much exercise as middle-aged and young persons. Nothing produces feebleness and poor health any quicker than the want of active out-door exercise. The old style of doctors have been in the habit of prescribing inactivity for old people which is all wrong. No matter what the age may be, as long as the person is able to get up and walk about he, or she, should take all the exercise that

it is possible to take in order to keep the blood circulating freely throughout the entire body. And we are so well convinced of this that we unhesitatingly advise all the activity possible for old people.

During the past year, the writer had the pleasure of hearing Madam Davenport deliver a lecture at the age of ninety-five. She moved as actively as a girl of sixteen. And she said she delivered lectures in all parts of the world in eight different languages, and besides this was able to read and understand the Greek and Latin languages. The writer, about twenty-five years ago, had the pleasure of hearing Susan B. Anthony deliver a lecture at the age of about eighty, and at that age she showed no signs of decay.

Elderly people usually will live better lives than younger persons, and if they will live on plain vegetable foods—as largely uncooked as possible—and eat light meals when they are really hungry and take as much exercise as is agreeable to them and observe all the other rules we have prescribed in this book, they need have no fear of not improving all the time.

In about seventy years of observation, the writer has noticed the many errors that both men and women make in their habits of living.

He has seen men and women at ages of from forty-five to sixty, eating more food at a meal than even a young and growing boy or girl should eat, the meal comprising as many as three kinds of meats, two or three kinds of pie, two kinds of cake, besides numerous cooked vegetables, preserves, and other articles too numerous to mention. These were people who had retired from active business and took very little exercise. All such people soon became diseased, had all kinds of troubles, and passed away in a few years. The writer is now well satisfied that if they had lived abstemiously as to eating and drinking, they could have lived for many years, and could they have lived perfect lives, they would now be living in perfect health.

The End.

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